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THE GENTLEWOMAN

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THE

GENTLEWOMAN.

BY THE AUTHOR OF

"DINNERS AND DINNER PARTIES."

LONDON:
CHAPMAN & HALL, 193 PICCADILLY.
1864.

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PREFACE.

LEISURE, and a desire to promote the happiness of the female community, and to ameliorate the condition of that numerous class called poor ladies, has induced the author to compile this little volume, not without the hope of its calling the attention of the benevolent, as also the fathers of families, to the importance of training the educated, as well as the uneducated females to household duties and the manipulation of food.

The subject becomes of grave importance, when we learn from the statistical tables of the Registrar-General* *that only one female in twelve* dies leaving any property, and that of small amount; moreover, we learn from the same source, that only *one man in five* of the male population dies leaving anything — thereby showing that there

* Twenty-second Annual Report, page xlvii.

is absolute poverty among millions of English females, although by careful calculation it is estimated that upwards of twenty millions of money are annually wasted for the want of knowledge in the manipulation of food.

Dr. Johnson said: "That wherever the dinner is ill got up there is poverty, or there is avarice, or there is stupidity; in short, the family is somehow wrong. A man seldom thinks with more earnestness of anything than he does of his dinner, and if he cannot get that well dressed, he should be suspected of inaccuracy in other things."

How frequently it happens in the present day that grace is said for a wretchedly-cooked dinner.

Dr. Johnson was saying grace, when Mrs. Johnson said, "Nay, do not make a farce of thanking God for a good dinner, which in a few minutes you will pronounce not eatable."

On another occasion Dr. Johnson said: "Some people have a foolish way of not minding, or pretending not to mind, what they eat. For my part I mind my stomach very studiously and very carefully; for I look upon it, that he who does not mind his stomach will hardly mind anything else."

In the beginning of the present century the middle-class dames exchanged their good and lasting dress for Manchester finery; they ceased to

save dowries for their children, spent the money in tawdry, and turned their daughters into May-day queens. The health of their families they committed to hirelings coming from workhouses, penitentiaries, and brick-fields; the money spent in tawdry went to create the fortunes of the lucky, enormously rich manufacturers, who now possess the estates of many of our oldest members of the aristocracy.

On the abandonment of domestic duty came the useless piano, which robbed girls of their time, but enabled carpenters to realise fabulous gains; two makers that died within the last three years left fortunes exceeding in the aggregate those left by nine of our bishops. The females of the present generation are naturally inoculated with the follies of the last; they live at the very top of their incomes—nothing is saved—show is studied. Daughters are neglected in essentials, and it is believed that the most important of domestic duties are unknown beyond the range of our royal family, our upper class nobility, and the upper class gentlewoman.

Our grandmothers were blessed with health unknown to our middle classes; they never had to employ the apothecary; they taught their daughters that it is from the chyle, which proceeds from our

food, that we are indebted for our blood, our flesh, our nerves, our organs, and, moreover, that our *health* and our *senses* owe their existence and sensibilities to the pureness of our blood.

The modern inventions place the art of cookery on a basis hitherto unknown, enabling the manipulator to do everything (in her parlour), as if by magic, without the nuisance of metal saucepans; she is enabled by the aid of porcelain to cook in every variety of form with an ease, exactitude, and cleanliness that almost surpasses belief. It is to be hoped that young ladies will make it their study, and the world will hear no more of poor ladies.

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THE GENTLEWOMAN.

NATURE has laid us under the necessity of eating and drinking, but at the same time has endowed us with faculties to choose and prepare the diet that is most salutary and agreeable to our tastes.

PREPARATIONS FOR THE TABLE.

The preparation for the table, in its simplest and ordinary modes, has at all times commanded the attention and been familiar to the females of the higher orders, as also its luxurious refinements.

To the religious it will be no news to be told that cookery is mentioned throughout the Scriptures, and that the duties of its superintendence has at all times been recognised by the highest orders of all civilised nations. In the time of Homer, Herodotus tells us that "the very wife of the king cooked the food of the family."

Ancient Queens.

In the mediæval age the higher orders in England practised and amused themselves in the art, which is proved by the foregoing ancient print, from Wright's book, called "Domestic Manners and Sentiments."

It is a fact that from the most ancient times the duty of the superintendence of cooking has never been lost sight of by the highest orders all over the Continent, any more than it has been by our own nobility, among whom, in the present day, may be named the Duchess of Marlborough, the Marchioness of Londonderry, and the Countess of Stratford de Redcliffe; so that the excuse of the ten millions of English ladies, "that it is a degrading occupation," fails.

The English Nobility.

But what will these ten millions of females say when they learn that Queen Victoria, the highest gentlewoman in the land, did, down to the lamented

Queen Victoria.

death of the Prince, pay daily visits of inspection of her kitchen, pantry, confectionary, and still-room, and was proud of, and did herself show those rooms to her visitors when staying at the Castle; and, carrying out the recognised principle of female duty, model kitchens were constructed at Windsor and Osborne, where all the Princesses, from the eldest downwards, have passed a portion of each day in acquiring a knowledge of the various duties of domestic economy in the management of a household. In their model kitchen the Princesses have daily practised the art of cookery and also confectionary in all its various branches. There is a small store-room adjoining each kitchen, where each Princess in turn gives out the stores, weighing or measuring each article, and making an entry thereof in a book kept for the purpose; besides which, the Princesses make bread; and that is not all, they have a dairy where they churn butter and make cheese.

The Royal Princesses.

Refinement belongs only to those whose tastes accord with perfection, and it is beyond all question that the characteristics of those that feed upon half-dressed or spoiled food are barbarous in mind and barbarous in complexion, which is the cause of so many jaundiced complaints that quacks undertake to cure, but which end in weakness, exhaustion, and early death.

It is a lamentable fact that in England upwards of twenty millions of English money is annually wasted—yes, actually wasted—in the destruction of

human food among a class of people that can ill afford such a waste.

THE GENTLEWOMAN OF CANADA.

The author lately met with a little book, called "Canada: why we Live in it, and why we Like it." It is not written by a lady, but by a gentlewoman, whose husband, failing to find business in London as a barrister, determined to go and carry on his profession in one of the colonies. Finding no opening for the legal profession there, he took to farming. After some trouble and annoyance to himself and wife, they succeeded in making a comfortable maintenance, and the wife writes this little account of her experiences:

"If the care of a dairy, the mysteries of bread-making, and of butter-making, had fallen to my lot, I should have been happy indeed; and while I am on the subject, I cannot help saying, it seems a great pity ladies at home should not, when they are young, be brought up with a better knowledge of practical housewife duties, a knowledge of cookery, and care and management of poultry. The ability to cook need not be derogatory to, or interfere with, accomplishments, or refinements, or intellectual attainments in any way. The advantages derived from a knowledge of housewife duties would, in many cases, it may be hoped, be never so fully tested as in my own; but, even in the height of prosperity, such knowledge is not without its use, for none can tell what the future has in store

—when adversity may come, or how soon their riches may take 'wing and fly away.' How sensible does the system in Canada appear. Every young lady is trained and brought up to all that in after life may prove useful; yet all play and sing well, ride, skate, and dance well, and some are well read and good linguists; but this does not prevent them knowing how to make good cakes and jellies, and make better home-made bread than many of our best cooks in England. They can rear and attend to poultry, and have, somehow, the knack of managing their houses with one servant-girl; and the consequence of attending to everything themselves is that they have everything around them conducive to happiness and comfort, neatness and order, and do better than an English couple with three servants."

THE GENTLEWOMEN OF GERMANY, HOLLAND, BELGIUM, FRANCE, AND SPAIN.

There is an indescribable pleasure in entering the model kitchens of the gentlewomen of these countries. The author will never forget some of them, nor one that he saw at Jerez de la Frontera; it was of the most elaborate kind, and must have cost a very large sum of money. There were cooking utensils of every description, arranged in the most fanciful order; the place was so lofty, so light, so clean, everything so prettily arranged, so different to the generality of the holes in England. The author had the pleasure of dining at a

dinner concocted in this Spanish kitchen—the gentlewoman was the wife of a Spanish grandee, and although inheriting all the Spanish pride, was proud of her kitchen, and, above all, not too ignorant to attend to the manipulation of the dinner. She sat at the head of her table, the dishes were brought in separately by the domestics, and it was a dinner.

THE ENGLISH LADIES.

We sacrifice to dress, till household joys
And comforts cease. Dress drains our cellars dry,
And keeps our larder bare; puts out our fires;
And introduces hunger, frost, and woe,
Where peace and hospitality might reign.

At the beginning of the present century there was, amongst the middle and inferior orders, a sobriety of costume and an entire absence of extravagance. It was not until the shops teemed with cheap Manchester finery that the moral and domestic manners of the majority of those orders became altered. The curse of cheap dress was indulged in to the destruction of thousands, and the land is now overgrown with weeds and neglected wild flowers.

THE ENGLISH GENTLEWOMAN.

It is only in the soil where weeds cannot live that the fairest of all flowers is to be found, and on which weeds cannot be engrafted. The gentlewoman is a genus of the most assiduous cultivation, peculiarly interesting in truth, nature, and reason; producing an equality of temper, exer-

cising all the niceties of ceremony that makes her welcome wherever she may go; her conversation is habitually cautious; all that she mentions is honest and agreeable; she is an enemy to ill-nature and pride, and laments that they are so frequent in the world; with a self-respect and consideration for others, she secretly condemns the follies and weaknesses of "keeping up appearances." Disdaining all fashionable outrage, she appears as the pink of neatness, the type of contentment, and when she goes abroad may be known by her innate grace and motion.

Her home is elegant, and her table dainty, free from all vicious luxury; every hour of the day has its employment; she attends to trifles, which saves more than suffices to pay all the imposts of her household, where reigns a serenity that is truly refreshing. Happy are the men that have such homes, for to a surety poverty never enters.

THE GREAT EVIL IN ENGLAND.

The great social evil is not that which is talked of by gentlemen in black at midnight meetings; but it is the great evil that besets the English, from the highest to the lowest, every man, woman and child suffers from it, and thousands die or only experience a lingering existence from its neglect. The great social evil is the want of persons of education and practical knowledge, worthy to be entrusted in the preparation of food with that care and nicety that is practised in every nation in

Europe except England. Whereby health would be no longer jeopardised, and twenty millions of money would annually be saved. There would be ample employment for every poor lady, who, for the want of domestic knowledge, is doomed to life-long misery.

TIME WHEN LADIES WENT TO MARKET.

There was a time when ladies went to market, as the gentlewomen on the Continent continue to do. In those days there was a market called St. "James's," at the back of Pall Mall; another in May Fair, called Shepherd's Market; another called Oxford Market; and another in the then fashionable quarter called Bloomsbury; to all of which ladies went, and by their visits a wholesome opposition was kept up, that both regulated the price and freshness of the things there sold. Now ladies never go to market; the consequence is, that a husband has to pay from 20*l.* to 30*l.* per cent. beyond market price, and the chances are that the things are only fit for the dusthole, and that the fish has been watered by day and iced by night until it is dangerous to eat, which frequently brings on diarrhœa, but the cause is unsuspected. In those days mothers and fashionable daughters knew the uses and prices of starch and smalt blue—pearlash was not allowed to be used—and young ladies, instead of sending their ruffs and laces as in the preceding age to Holland, washed and stiffened and ironed at home; indeed, assisted the laundry-maid, who in those days was a person of respectability,

above the average middle-class of the present day, and who never thought of saying "they could do nothing menial," or wanted to be genteel. The washing was done at home, and many of the laundries in Grosvenor-square, Brook-street, and the neighbourhood, still remain, although not used. Then came the great enemy of the females of the middle and inferior classes. Manchester poured in its cheap dress; every other house was a shop for the sale of gossamer rubbish, which superseded the substantial and respectable draper of that period; every village huckster's shop was crammed with the cobweb rubbish, comfort and home was invaded, cheap shops became the rage, mothers allowed their daughters to be dressed as dolls, and themselves changed the useful morning gown for the flaunting evening dress; markets were abandoned, homes were made uncomfortable, because household duties were neglected. Clubs arose, taverns and hotels held out the comforts that were not to be had at home. Dolls and muslin-dressed mothers, declared their duty to be degrading, and cooking fell to what it is, and hence it is that eleven out of every twelve women die worth nothing, and four husbands out of every five die in the same unhappy circumstances.

GIRLS AND BOYS OF THE PRESENT DAY.

In the present day girls in every rank of life seem to think every kind of work shameful. Fifty years ago young gentlewomen looked after their own wardrobes, and when the fire required coals they

did not ring for the servant to put them on; now young ladies, with only yellow faces for their fortunes, cannot do that which the young gentlewomen did. Now they want somebody even to put on their stockings; and if their parents should by chance keep a carriage, *although if looking to all things they ought not to do so*, yet the silly creatures look for husbands as well placed as their parents, and assume that they are to start where the parents leave off; the poor things think of carriages and servants, and the usual indications of wealth, which turns out a dream never to be achieved.

It is unfortunately the custom of parents to try and appear that which they are not. "Keeping up appearances," concealing poverty, sacrificing gain and comfort without the least consideration for old age or the future of children. By-the-by, it is generally said that there are no children now-a-days, and that is pretty nearly the fact. You may walk many miles before you meet a girl dressed according to her age; from five years old they are all dressed in those vulgar sugar-hooped petticoats, that are outrageous indecencies; their lubberly brothers with incipient flock on their upper-lips, smoke and assume the swagger of fashionable snobs, without prospects or expectancies. They fancy themselves "Esquires," and address each other as "Esquire," and when they do their betters the honour of a call, they knock at their door with the clamour of footmen. This is the result of their education, and their assumption of vulgar greatness

ends in a tour to the diggings. The girls pant and pine for dress and trumpery ornaments, and for amusements utterly inconsistent with their position or future well-being; they stand without correction, they are neglected in essentials, and it is the want of domestic knowledge that causes so many shipwrecked females; the supposed well-to-do parent becomes insolvent or dies, and in the absence of domestic knowledge nothing is left to sustain them in their doomed struggle for existence, except that which it is dismal and dreary to think of.

THE DIFFICULTIES OF A POOR FATHER.

Among the innumerable difficulties besetting a hard-working father, especially in a family where there are a preponderance of girls, is the task of providing a sufficient dowry for each girl. What is a poor father to do? The answer is simple: Let the girls be taught their domestic duties; teach them to avoid the frivolity, the show, falsehood and vanity of most girls of the present day; tell them that cheap dress is a curse and deception: that however innocent it may appear, it is destructive of their future happiness; that humility becomes the most exalted, and that it is highly dangerous to imitate the seeming affluent. Let them read prayers at home; teach them that the display of gilt-edged books is the vulgar sham of mushrooms, notwithstanding they may be carried by a little boy with a hat too large for his head, and a cockade big enough for a giant. Be continually

reminding them of what the registrar-general says, and that you really believe that you will be one of the four out of five men that the registrar-general says die leaving nothing. Do this, and your daughters will pray that you may live.

AN OVERSTRAINED GENTILITY IN THE PRESENT DAY.

In the present day there is an overstrained pretence to gentility, not to be thought plebeian, and many find that it is not difficult to act a part that does not belong to them. It is questionable if there are any gentlewomen who are really entitled to sympathy; it but too frequently happening that it is excited on behalf of the idle, extravagant, and slothful, who call themselves ladies, but who have no pretence to the title of gentlewoman; these people are as numerous as blackberries, and, if they had confined themselves to "that state of life in which it had pleased God to call them," they would not now need any sympathy, because there is plenty of domestic employment for all females who are willing to earn their bread. If inquiry be made, it will be found that nineteen-twentieths calling themselves ladies, are persons that have got out of their sphere and are not educated at all, but have acquired a spurious smattering which maudlins mistake for education. What business have nineteen-twentieths of the persons who make a noise on a piano with such an instrument? and because they have the misfortune to make a noise on it, to call themselves ladies? as do the wives of cads and

cabmen; but such creatures are not entitled to be called gentlewomen any more than the daughters of the keepers of a lodging-house or rag-shop.

THE WEDDING OF THE DAUGHTER OF A LODGING-HOUSE KEEPER.

There was a mob collected before the door of a lodging-house, to see the departure of the bride and bridegroom; there was a chariot with two grey horses, a postilion with a satin pink jacket, and a bouquet as large as a birch-broom; a passage was made by the mob for the six bridesmaids; they lined the opening, three on either side; they were all tawdry, and duly crinolined and mantled in those six-and-sixpenny red cloaks, sold at cheap shops, and appeared like the figurantes at Astley's Theatre. The day was very hot and the sun very bright, which gave great effect to the beauty of the bridesmaids and their lovely dresses, and great was the sensation of the crowd. The bride appeared, and when duly seated, out rushed the dirty mother, and into the chariot she jumped, overwhelming her daughter with kisses so strong and so long, that the bridegroom had to pull her out. Here was a sensation, and loud was the applause; there then came a shower of old shoes, and off drove the bride amidst the shouts of the mob. To a certainty this bride claims the title of lady, because of the chariot, the bouquet, the mantled bridesmaids, and the shower of old shoes.*

* This wedding was duly announced in the *Times*. "No cards."

THE WEDDING OF THE DAUGHTER OF A RAGMAN.

The author was passing a rag-shop, and was attracted by the grandeur of the wedding cortège. There were three large flys, each drawn by a white horse, each driver had a white favour stuck in his coat, each fly conveyed six women and children; dressed, oh, how they were dressed! and what trouble to get in such beautiful balloon petticoats. Curiosity led the author to wait the return from church: the bride and bridegoom came first in a chariot with two grey horses, a postilion dressed in a bright, shiny, cherry-coloured jacket, a white favour stuck in his hat and a bouquet under his nose; and then came the three flys, looking so nice, as the mob said, all with white favours. On inquiry, it appeared that the bridegroom was a retailer of split peas, hay, and corn at a little shop about twelve feet square. No doubt but that this bride claims to be a lady; and so does every wench that advertises for situations, "anything not menial," "anything genteel," to sell gin behind a publican's bar, or bread over a counter—they invariably call themselves ladies.*

WEDDINGS AT HOUSES LET FOR THE SEASON AND HIRED LODGINGS.

There is a class that desire to be thought vastly genteel, and that their matchings should be an-

* This wedding was announced in the *Times*; the ragman was an esquire, as also the dealer in split peas. "No cards."

nounced in the *Morning Post.* Some woman, whose first husband happened to be a lord or a knight —no matter whether a lord by courtesy, or a lord as poor as Job, the woman goes by the title, al though subsequently she marries three or four nobodies; they all know that she is only entitled to be called by the name of the Jack Nokes she last married—this kind of nobodies, not having decent homes, take lodgings in some fashionable street; and there are semi-genteel persons that let their houses for the season and lodgings for such purpose, so that the announcement of the residence is not a voucher for either the wealth or the respectability of the parties. It is very common for the semi-genteel, whose exchequer is low, to let their houses, and themselves go into cheap lodgings for the time.

WEDDINGS AT ST. GEORGE'S, HANOVER SQUARE.

A large number of nobodies are tied at this place, because the announcement of a marriage at such a place is supposed to stamp it with wealth, fashion, and respectability; not a bit of it, for like nineteen-twentieths of marriages at other places, neither of the parties need the expense of a marriage settlement.

The love of show and nonsense is disastrous to many thousands of the girls in the middle walks of life, who would have made useful members of society, and gone to their graves in respectability, had they received the education befitting their stations.

SEA-SIDE ACQUAINTANCE.—THE GRAND FAMILY OF THE KEEPER OF A TALLY-SHOP.

In the summer of 1862, a gentleman in the City, holding a respectable appointment of six hundred pounds a year, took his family for a few weeks to a quiet watering-place on the coast of Essex. Shortly after their arrival there came a family in what is called good style, that is to say, a carriage and horses and servants; altogether they had the appearance of wealth and respectability. It was not long before the eldest daughter of this family and the daughter of the gentleman got acquainted, as girls will get acquainted in their walks on the sea-sand, and it was not long before the daughter of the gentleman asked her father's permission to bring home the daughter of the nice family. "Oh no, my dear," said the father, "that family is far above us. I cannot afford to keep such high acquaintance." "Oh do, papa," said the daughter; "I am sure they are not proud, and the young lady talks so nicely, she says she rides in Rotten Row." "Does she, my dear; that is a place I hope never to see you riding in." The gentleman found out that the master of this high family, whose daughter rode in Rotten Row, was the keeper of a tally-shop in——, and the whole of the nice family resided in the rooms over the tally-shop.*

* A tally-shop is a place where wives and daughters may purchase cheap dress, and pay for it at so much per week. Of course it is dearer than paying ready money. If the payments are not regularly kept up quiet threats are held out, and many a wife and daughter have fallen to obtain the necessary means to pay the tally-shop man.

THE OPERA AND ITS VISITORS.

If any person will take the trouble to stand at the entrance of either of the opera-houses, on an opera-night, he will be certain to count nine fever-contagious cabmen's dormitories laden with ladies, dressed in cheap inflated tawdry; yes, nine dirty cabs for every one decent conveyance. These are the semi-genteel that issue forth from the little houses in the suburbs of London; and how great are the number of them that have to live on from two hundred to three hundred pounds a year, and less. But these semi-genteel people are too proud to sing "Home, Sweet Home" in their little rookeries, and come forth in shoals to hear a singer they cannot understand, at the expense of three good Sunday dinners. It is from among this semi-genteel class that we frequently read in the police reports, "the prisoner was of genteel appearance," "remarkably well dressed," "good looking;" and in the Bankruptcy Courts we read of the extravagance that has placed the "genteel," "the good-looking and respectable" under sentences that are annihilation to them and theirs. Go into the parks in a morning, in early spring or summer, you will see the benches occupied by some of the semi-genteel, with faces betraying cold, want, and hunger, although their wretchedness is clothed in the flimsy dress that belonged to the "light of other days."

THE DAUGHTERS OF LAWYERS.

In a numerous profession, where twenty fail for one that succeeds, there must of necessity be many that die worth nothing. A profession composed of aspiring persons, none born with silver spoons, but many the sons of tradesmen, and persons not overburdened with wealth, cannot be expected to bequeath fortunes to daughters, especially when it is recollected that it is not till the age of forty that the few successful begin to make anything. The prizes in the Lottery of the Law are few, but the grand prizes are constantly before the public, and the wig and gown is to the young man what the red coat is to the soldiers, who, in the hope of good luck, and confidence in their own abilities, are tempted to enter a profession which is so easily to get into, without calculating the chances against them; they all hope to be Lord Chancellors, and mothers and sisters say they are sure to be. Twiss tells us that Lord Eldon, pointing to a house in Cursitor-street, said, "There was my first perch; many a time have I run down from Cursitor-street to Fleet Market to get six-pennyworth of sprats for supper." Lord Eldon's wife was at the time the very top of the society of the middle class; she had for her friend and chaperone the then Duchess of Northumberland, and it was Lord Eldon's wife that cooked the sprats for supper which he bought at Fleet Market. She was at the time an elegant woman, the daughter of a banker,

Not born with silver spoons.

The prizes.

Why young men enter the profession.

Lord Eldon.

Lady Eldon.

whose pedigree went back to the time of Henry the First. She was a gentlewoman, and had received the education of a gentlewoman, which doubtlessly contributed to the longevity, comfort, and advancement of Lord Eldon. She thought it her duty, and no degradation, to cook mutton-chops, potatoes, and sprats, and sometimes liver and crow. Her domestic qualities were the theme, pride, and boast of her husband. He communicated his domestic bliss to Queen Charlotte, who frequently did the wife of the Chancellor the honour of a visit, as did the Princesses. Lord Eldon's love of his wife and his home comforts were known to George the Fourth, who, at the conclusion of an invitation to Brighton, December 26, 1821, said:

Queen Charlotte

George th Fourth.

"A hearty welcome, good and warm beds, turkey and chine, and last, not least in love, liver and crow, are the order of the day.

"Ever, my dear Lord,

"Most sincerely yours,

"G. R."

It is to the great prizes that mediocracies cling and take credit for belonging to a profession to which they are no ornament; having but a nominal standing, mere shadows under a gown and wig, who probably might have stood a chance of gaining a livelihood in a less ambitious sphere. If daughters, who have not relatives with heads like an Eldon or a Lyndhurst, would only condescend to do their duty as Lady Eldon did hers, who

Mediocracies of the law.

Their daughters

knows what might be in store for them? And, moreover, it would be well for them to bottle up their silly pride and learn the fact that a gown and wig is of no more value than an old clothesman's bag, for out of court it confers no rank or precedence whatever. And while on the subject, it will not be unwise to mention

THE DAUGHTERS OF THE MEDICAL PROFESSION,

Like those of the barristers, assume a silly position, calculating an occasional fee of a hundred guineas for a solitary successful operation as the daily income of their fathers. Let them, like lawyers' daughters, bottle their silly pride and learn that at Doctors' Commons the medical man is very seldom registered as dying, leaving a fortune for a daughter; and whether he does or not, it is their duty to possess a knowledge which they can impart to those in a lower sphere of life, and which probably may prevent themselves falling into dirty lodging-house keepers, or those shams of shams calling themselves "Lady Housekeepers." All women may rest assured that there is no lift from poverty where there is an absence of domestic knowledge, and they will ever find but few Mansions or Houses of Truth.

THE DAUGHTERS OF MEN IN PUBLIC OFFICES.

The daughters of placemen and men employed in Government offices are nearly all neglected in their education, and fathers live at the very top

of their incomes. On a late occasion the salaries of a certain office were temporarily stopped, and there were men of seven and eight hundred pounds a year that had not the means to go on for a single week, so near do this class live to their means.

THE DAUGHTERS OF OFFICERS OF THE ARMY AND NAVY.

Among all classes of females there are none more to be pitied than the daughters of the officers of our army and navy, from the generals and admirals downwards, who are seldom or ever able to save dowries for their children, and are, for the most part, as poor as crows, and yet they leave their daughters in that state of domestic ignorance that many men think a domestic alliance is dearly purchased by the want of domestic knowledge. The too-easily-obtained presentation at Court, by some dowager as poor as the girl herself, will help her not, any more than the occasional gallop in Rotten Row; indeed, that has been awfully fatal to both married and single. Neither is it at balls, where ladies are all smiles and affectation, and the gentlemen all blandness and deceit, that husbands of worth are to be picked up. Yet, this is the bazaar that all classes of ladies without fortune resort to, in the hope of matrimony; but, failing, descend from the supposed lift of a presentation at Court and the Amazonian exploits of Rotten Row to the bitter sufferings, the bitter struggles of wretched poverty. Some fall into bad

health and meet early graves, others fall into that pitiable class called needlewomen, and others, almost homeless, are thankful for the alms of a little tea and bread, which frequently is the only sustenance that has sustained their flickering lamp of life, until they sought repose in a jump from the bridge they so often crossed in the days of their palmy folly, known, from such frequent occurrences, as the "Bridge of Sighs."

GOING TO COURT.

Drawing-rooms are still held at St. James's, and ladies are crushed and worried to death, and Royal brides fatigued to exhaustion, rather than change the manners with the times, and listen to the whisperings of common sense and the dictates of a proper pride. But it must not be supposed that the English Court acts without a settled purpose, or without reasons entitled to considerable weight. The Court clings, at the cost of all this inconvenience, to old customs, because they are linked with something which it is thought ought not to pass away. The Royal Family has lived for a century and a half in England on the plan of German Royalty. It has been simply a family, but a Royal one, and the only exception is certainly not one to make it seem very desirable to abandon the old order for a new one. It is very natural that Royalty should scarcely wish to encourage this passion for going to Court in people who have no official reason for going, and who have

not been born in the Court circles. It lowers the position of the Sovereign that Royalty should be treated as it was in Paris, when the Citizen-King was expected to behave as a citizen to his fellow-citizens. Nor is it by any means a duty to encourage the abandonment of the old distinctions of station, the love for show, the silly pretences involved *in a general rush to Court of nobodies*—of ladies who are not in Court circles, nor the wives or daughters of distinguished men. It is a very moderate estimate to say that at least a fourth of those who go would be *much better at home.* Even if the Sovereign is not entitled actually to exclude them, the Sovereign is not bound to facilitate their trying to blow themselves out to the size of the proper Court visitor.—*Saturday Review.*

KNOCKING FASHIONABLE*—THE WIDOW OF A GENERAL OFFICER.

There is living a lady, the widow of a general officer, that once lived in what is called fashionable style, going to Court, and doing all that is supposed to be fashionable. She showed the perfection of good breeding; she was always content with a footman's character if he could "knock fashionably," and was able to "announce visitors in style."

"Time was, and Time is."

This lady now resides in lodgings in a poor

* Kocking fashionable, is splitting the street door, or pulling off the knocker.

neighbourhood, on very poor means, but is neither troubled with fashionable knocks nor fashionable visitors, and has to endure the hog-tub cookery to be met with in all lodging-houses.

PEERS AND PERSONS OF TITLE.

In the year 1859, which is supposed to be a fair average year, there died fourteen peers, or persons of title, leaving property under the value of six hundred pounds each.

And in the same year twenty-seven peers, or persons of title, died, leaving property under the value of eight thousand pounds each. It is to the daughters of this class that our pity is really due. But when we find that eleven out of twelve of all classes of women die utterly pennyless, and four out of every five men die under the same unhappy circumstances, and when it is known that few fathers know what to do with their sons, and that poor Lords, Baronets, and Honourables are seeking employment that will only yield them a few sovereigns annually, surely it is time that poor ladies should turn their minds from the stupid nonsense of gentility to the substantial employ that will carry them to their graves without the bitter feelings of poverty and starvation.

THE GENTLEMAN HARD UP, AND HIS DAUGHTER.

There appeared at the dinner-table of one of our wealthiest commoners, a gentleman whose appearance and bearing bespoke the very opposite of

nineteen out of twenty—a quietness of manner and expression of countenance that betokened a mind within, yet not one at ease. The author asked the host, "Who is your friend?" and the answer was, "Poor fellow, he is hard up; he has been living beyond his means. I asked him and his wife, but he has brought his daughter instead, and yonder she sits next ——" On turning to look at her, she was not handsome, but her countenance was better than handsome, she was evidently aware that she had a forehead that would adorn a crown. She wore a Mural, and remarkably well she looked; she eclipsed all the females present. The following day the author by accident saw this daughter, with her four sisters; they were dressed in stinted gentility. Was it wise in this father thus dressing his child, knowing that when he died he would leave nothing for his family?

THE SOCIAL SCIENCE CONGRESS.

It is no detraction from the powers of Lord Brougham to remark that he was misled in many of the facts stated by him in his speech at the National Science Congress in 1862. If inquiry be made in Cursitor-street, or Carey-street, Chancery-lane, where the chief part of the law-writers reside, it will be found that there is not employment for those already engaged in the trade, some of whom are out of employment four months out of twelve. Again, if inquiry be made at her Majesty's printing-office, East Harding-street, London, it will be

found that there is not enough work for those already employed at that trade, who have served a seven years' apprenticeship, and some are always out of employ. Moreover, there is a society called the Printers' Pension Society, and the subscribers are well aware of the continual distress among that class, who very early in life become blind, or have their sight affected, and paralysis is of frequent occurrence.

THE SOCIAL SCIENCE CONGRESS, 1862.

"*Here we are,*" as old Burton says, "*spending our days in unprofitable questions and disputations and intricate subtleties about moonshine in the water, leaving in the mean time those chiefest treasures of nature untouched.*"

At the sixth meeting of the Association, Lord Brougham, on the 5th of June, 1862, spoke as follows on the subject of National Education: "When explaining at our first Congress, five years ago, the great object of the Association, the bringing into full discussion the most important plans, whereon men oftentimes differed from not examining both sides, I referred to the Eastern legend of two knights quarreling about the colour of the shield that stood before them, and a dervise, or priest, making peace between them by desiring them before fighting to look at both sides, when they found that each was in the right. Unhappily, there are too many cases of the combatants being so eager for the fray that their senses inform them

in vain, or so wrapped by prejudice that they are ready to maintain, perhaps to believe, that black is white and white black. It is truly grievous to find that the cause of popular education belongs to a class which creates such partisans. Devoted to this great subject for upwards of half a century, having presided over the celebrated Education Committee in the one House, and brought forward various measures in both, and obtained from my colleagues in the Ministry of 1830 the first grant of public money, the origin of the rapidly increasing yearly grants, and of the Privy Council jurisdiction, I may be pardoned for feeling a peculiar interest in the expenditure of the sums given and in the progress of the plan, and for sharing largely in the astonishment felt by all reflecting men, real friends of education, at the attempts made to assert a vested interest in teachers or school inspectors, because they have been engaged and employed—*a determination* to insist upon payments by the State, *but to exclude* all effectual valuation *of the instruction paid for.* A check of boundless expenditure, and correction or prevention of systematic abuse, was the chief object of the revision applied to the Code. This became the subject of violent controversy, and, though some of the best portions of the plan remain, much that was highly important has been abandoned. The grant is no longer given exclusively on examination, nor is the examination regulated by age. At the private meeting held in 1857, on constituting this National Association,

there attended, among others, Mrs. Austin, a person distinguished for her talents and learning even in the learned family of the Taylors of Norwich, to which she belongs; and who, since the irreparable loss sustained by the science of jurisprudence in the decease of her husband, has conferred inestimable service by the able and judicious publication of his celebrated work. She desired it to be distinctly understood that she belonged not to the party, however estimable in many respects, who maintained what were termed the rights of women, especially in respect of political influence. She was fully assured, and other ladies present joined in the disclaimer, that no such views were entertained; *but that whatever most conduced to the well-being and comfort of our sisters formed an important branch of Social Science, and came within the scope of our plan. The great importance of this subject* was strongly felt at our first Congress, when we considered the vast proportion of women actually employed in working for their bread—three-fourths of the adult unmarried women in the island, two-thirds of the widowed, and one-seventh of the married, being employed in independent or insulated labours, beside the multitude of wives, daughters, and sisters who share in the work of their relatives, at the counter, in *the dairy, or by the needle.* Their employment in the factories of Birmingham, where we then assembled, gave rise to an important paper and discussion. Their general industrial employment was treated of in another paper, and various

Whatever conduces to the well-being of our sisters, form an important branch of Social Science.

lines of business were pointed out in which women might be advantageously engaged. It is manifest, therefore, that our Association at its very first meeting felt the importance of this subject and entertained it zealously. The next Congress at Liverpool followed up that discussion, and by the exertions of Miss Bessie Parkes and Miss Emily Faithfull, a society in connexion with the National Association was formed "for promoting the industrial employment of women." This was reported at the subsequent Congress, held at Bradford. *The providing employment for educated women* was the wise and benevolent object which these benefactors of their sex had in view; and no doubt the sufferings of this important class are such as humane and reflecting persons cannot contemplate without the most painful feelings. I had the great satisfaction of announcing at the Glasgow Congress that Miss Faithfull's Printing Press, conducted entirely by women, had proved eminently successful, and received the sanction of the Queen's approval, signified in a gracious letter, written by her Majesty's commands. Our transactions, both of that year and the next, have been printed at this, the Victoria Press. At the last year's Congress, in Dublin, many papers were read, and discussions held on the various branches of the subject; and, among other considerable improvements, women have been since employed on the telegraphs in very large numbers. But it is highly gratifying to find that most important measures have been

Providing employment for educated women.

taken at Edinburgh for meeting the evils complained of in all their forms, and with a degree of judgment and circumspection equal to the benevolence of the parties, so as to weigh all objections against each proposal, to remove the difficulties that exist, and to avoid the rocks on which benevolence too often makes shipwreck, and thus falls short of beneficence—the point at which it becomes not only a virtue, but a good. *The establishment at Edinburgh of the Society for the Employment of Women deserves the greatest attention*, because of the singularly practical views with which it has been conducted, and the service it has rendered during the year of its existence, and the still greater things which it is engaged in adding to its present labours. It may truly be said that any one of its operations, simple and obvious as they are, *but hitherto neglected, would be a great benefit conferred* upon the industrious portion of females in the community. *It* has established upon its premises a register for women, not for domestic servants, there being other registers for them, but for governesses of every kind, for copiers of papers, for amanuenses generally, for secretaries or their assistants, for shopwomen and saleswomen. All persons seeking employment of any of these descriptions, giving their names and addresses, whoever is in want of such has the means at once of making inquiry; and if the names of those who recommend any individual are also given, a great and often unnecessary trouble is spared. But,

besides the register, the society supplies waitresses, and those who have gone out from it give great satisfaction. It is needless to add that, if a woman is well trained to wait, many prefer her to a man waiter. Indeed, so impressed was one of our colleagues, a distinguished and popular wealthy Member of Parliament, with their superiority, that for many years he never had a man-servant to wait at his hospitable and well-frequented table, nor did any one ever doubt of the great superiority of the service which was there found. The society has introduced female hair-dressing by means of a female hair-dresser well taught in London; and they have introduced other crafts with success. But we must refer to a very important register which they have established, the Register of Benevolence, in which are received, first, whatever half-worn clothes, pieces of furniture, odd volumes of books or duplicates—in a word, whatever any kindly-disposed persons may be inclined to send, rather than sell or exchange, as they otherwise would, for absolutely no price or value. The society easily finds persons thankful for such assistance, receiving it in private and without a wound to their feelings. Donations of money are likewise received and applied with the same regard to the feelings of those relieved. Secondly, the registrar keeps an account of all charitable and religious societies, with a copy of such of their reports as can be obtained; and the use of this, both in giving information and affording the means of

fuller information, is obvious. Many, who have only a vague notion of the existence of such societies or charities, may yet be directly or indirectly interested in them and their proceedings. Other objects are now added to these in the society's labours. A committee has been formed to co-operate with that appointed at the great meeting over which Dean Ramsay lately presided in promoting the emigration of females to our colonies—a subject which has given rise to some controversy, and has brought a very salutary warning from persons acquainted with these settlements, and with the consequences of ill-considered plans. Instances have been adduced of poor governesses who, on their arrival, or soon after, were cast upon the world, without the means of paying the postage of their letters to their family at home. But beside the care required in providing means of support until employment is found, the greatest pains should be taken to send only persons well qualified in whatever line the emigrant is destined for, and merely necessitous circumstances should not be deemed a ground for emigration; nor should the primary object be to find husbands. This may be incidental to the removing, but the ground should always be—the special qualification for some branch of gainful industry. Miss Rye has added the encouragement of emigration to her other good works in behalf of female employment; and she, as well as Miss Parkes, Miss Faithfull, and others with whom she co-operates, are most grievously

Ill-considered plans of emigration—females cast upon the world.

misrepresented, probably because misunderstood, when supposed to have for their object the setting up women in antagonism to men; whereas the whole design is to make them fellow-labourers with our sex. The Edinburgh Society has established a register for sick-nurses, at the urgent recommendation of the medical body. Thus the name and address, with the character of a nurse, can be at once found in any case of need, without the delay, uncertainty, and risk that now prevails. This subject cannot be mentioned without reminding us of that truly blessed institution in France which it is lawful to hope we may, ere long, see imitated in this country—the Sisters of Charity—of whom I spoke at our Bradford Congress. They not only bear comfort into the hospital, but beyond its walls; render invaluable help to the physician, in disarming disease of its pains and discomfort, and lend not superfluous aid to the pastor in disarming death of its terrors. They have earned the united blessings of a people that can hardly ever agree in feeling respect for any existing institution; they have made their name revered by all. When I attended M. de Tocqueville's funeral, there was no feeling more generally expressed by all his friends, than their comfort at his having had for the last weeks of his life the inestimable advantage of their attendance and care. The last benefit conferred by the Edinburgh Society on the female community, is the opening of a waiting-room on their premises next month, to receive

Lord Brougham praises the Sisters of Charity.

those coming from the country, or between their engagements in town—a place where they can be more quiet and retired than in the shops commonly resorted to; can have their letters and parcels addressed, and can have refreshments supplied from the confectioners below. The want of such a place has long been a ground of complaint in Edinburgh, and, we may add, in most of our English towns; nor is there any one of considerable extent which could not well obtain this convenience at a moderate cost. It would give women all the benefits for which clubs are chiefly prized by men. The amiable and highly-gifted daughter of my venerable friend, the late President Hope, shared our labours two years ago at Glasgow, and contributed valuable assistance in several departments of that Congress. I believe it is mainly to her zealous but judicious exertions, that we owe the success of the Edinburgh Society, and from her we have derived the benefit of statements to which the most implicit faith is due. For though in all philanthropic designs she has the confidence which her name betokens, her zeal is ever under the guidance of knowledge, and no one is more aware that there can be no hope cherished of schemes, over the formation and the conduct of which sound discretion does not preside. She has, moreover, always held a decided opinion that in caring for the poor we are too apt to forget the other classes of our sisters, and was the author, I understand, some years ago of an excellent tract, entitled,

'Nobody cares for the Sick;' pointing out the duties of wives and mothers in high station, and also describing the pleasures which those who have no families, and who complain of the weariness of having nothing to do, may enjoy by looking out for cases of relieving misery, and administering relief and sympathy. This is truly a female duty, and one which women are far better able to perform than men; and such a register of benevolence as the Edinburgh Society has established would enable everybody to perform this duty and enjoy this gratification. This Congress is happily attended by a far greater body of friends from the Continent than any former meeting, in consequence of the affiliated associations attending by their representatives. But, independently of this circumstance, we have the presence of eminent persons from Germany, France, and Northern Italy—the countrymen of the illustrious Euler, D'Alembert, La Place, and, the greatest of all, La Grange, have come to visit the land of Newton, by universal assent the first of philosophers of all ages and all countries; and they have seen with incredulous astonishment that the nation, so justly proud of having given birth to the greatest of men, has raised no monument to his memory, satisfied that as Pericles called the whole earth the monument of illustrious men, so the whole universe is Newton's. But if they have thought that for our disgrace we might well feel ashamed, so do they also mark that of our social state we may well feel proud. They

see with admiration, perhaps with envy, a people in possession of rights, secure against risks both from above and below—rights which no regal ambition can encroach upon, no popular delusion betray; an aristocracy, the barrier against domination of one master and the more insupportable tyranny of the mob; a people informed by a press, subject to no control but the law, and answerable only for offences which the law has declared and defined—a people sharing moderately and safely the management of their own concerns, but protected from that universal suffrage which, under the disguise of liberty, conceals the instrument of absolute dominion—a people blessed with the pure administration of justice, because distributed by judges who can neither be removed nor promoted according as their judgments satisfy or displease the possessors of power. Let us hope that our foreign friends will carry back with them such an impression, not only of the unspeakable benefits derived from our Constitution and the practice under it, but a conviction which all the discussions in the different departments will give them of its perfectly safe working in all respects, and the ease with which the more valuable portions of it may be adopted by other nations. This is more than any former Congress international, and the great advantage is manifest of members from different countries communicating freely their views and opinions, the result of their various experience, and it is to be hoped that the discussions in our several de-

partments will afford the opportunity. But even without the variety of institutions, all have a common interest in our inquiries, and in the deliberations to which they lead. We are engaged in the high and holy work of seeking out social errors, to expose and correct them; social abuses, to put them down; social wants, to supply them; social evil, to extirpate it—in looking for the sufferings of humanity with the purpose of obviating or mitigating them. As there is nothing more delightful than affording relief to the distress of individuals—but few indeed have the means of enjoying this pleasure—so it is in the power of all, and it is their duty to further the great measures which may ward off distress or disarm it of its pain; and whosoever helps this good work may taste the gratification of doing good upon a far larger scale, and be thankful to Divine Providence for having vouchsafed a triumph over evil, which it is more blessed to prevent than to cure."

MOONSHINE.

It is marvellously strange that not one word or allusion is found in this speech of the great social evil of England; although go where you will, turn where you may, it is of universal complaint. Printing is talked of as a relief to the poor lady—that is not only a fallacy, but it is antagonistic. There is not employment sufficient for those who have served apprenticeships to the business, and if the cases of the applicants for relief to the Printers'

Pension Society were read, it would be found that the poor printer, at an early period of life, becomes blind, and often paralysed.

As to the poor ladies copying law papers for a livelihood, is equally fallacious; there is not employment for the men already engaged in it, and, as a trade, the law-writers starve four months out of twelve.

Emigration has failed, and why has it failed? Because the so-called ladies do not possess those requirements that are needed by colonists—men that have to work, and to work hard, do not require toys. And when speaking of the emigration of this class, let us give all credit to Lord Brougham. When he talks of the ill-considered plans of emigration, he says: "Instances have been adduced of poor governesses, who, on their arrival, or soon after, were cast upon the world without the means of paying the postage of their letters to their families at home." It is to be regretted that distress should exist at all, even among dogs; but what a fallacy it is to suppose that any relief can come from, or that ladies should depend "*on* the benevolent, and receive half worn-out clothes, odd volumes of books, or duplicates, in a word, whatever any kindly disposed persons may be inclined to send."

The real relief for poor ladies, is to do that which gentlewomen do.

THE REAL RELIEF FOR POOR LADIES.

The real and substantial relief for distressed ladies, is not to depend upon charity, because charity cannot be substantially extended to every

eleven women out of every twelve—"the preserves of paupers and sanctuaries of sloth" are already too full. Let poor ladies adopt that which gentlewomen learned when in their girlhood, let them study the manipulation of food—it is their duty; it is not difficult to a woman that can read and has a turn for industry. Moreover, let poor ladies turn their minds to that which Miss Nightingale did—and they will come in for all those praises which Lord Brougham so eloquently bestowed on the Sisters of Charity—and they will no longer have occasion to talk of the want of employment; let them reconcile their minds to work, for work they must, and not to think work beneath them; let them read Burke on the vicissitudes of families; and let those poor ladies who have depended on a pretty face and personal appearance to gain a husband, learn "that few men can support women merely for ornament, and soon they tire of their toys." Let them acquire the knowledge which is so befitting a female—so simple, so easy—and which would place them above genteel penury, and they may firmly rely that they will be treated with all the respect, all the kindness, and all the consideration that is at all times yielded to useful industry, and there would end the misfortunes of poor ladies and the great social evil. Lastly, let all ladies without education, or with a bad education, abandon the idea that they are fitted for "anything not *menial*," or "anything *genteel*," and not forget that twenty millions sterling is annually

wasted in food by the people that require "anything not *menial*"—"anything genteel."

ENGLISH HOUSEWIVES' NEGLECT OF DUTY.

During the last dozen years English housewives have most deplorably neglected their duty; they have permitted domestics to wear cheap Manchester tawdry, and their own cast-off clothes, and to so outrage decency that the nation is disgraced in caricatures all over the Continent—representing the English females with petticoats which expose details that are supposed to be hidden. Even our cads and cabmen are put to the blush, who, to their credit, try to preserve decency at the entrance of their conveyances, by skilfully placing their hands on the objectionable garment, and, as far as possible, prevent the passers seeing the shameless exposures of the women who should know better. But the offences of the whole garment may well cause the reflective to shudder, not on account of those immolated in the inflammatory monstrosity, but on account of the thousands of infanticides and murders that have resulted from the masking.*

THE DRESS OF THE LOWER ORDERS OF THE PRESENT DAY.

Neatness and simplicity was the characteristic of former days, but which is changed for masque-

* It appears by the Report of the Registrar-General, that in the year 1859, that 44,751 children, mostly the offspring of servants, were born out of wedlock; but those figures, as every coroner will testify, bear no proportion to the concealed births and murders, which crimes have been increased by allowing servants to wear the hoop-formed monstrosities.

rade; shame appears to be unknown. The daughters of the semi-genteel, the daughters of the shopkeeper, the drivers of perambulators, the Molls of common soldiers, and domestic servants of all kinds, are all engaged in one common purpose, trying to outvie each other in their shameless dress. From whence comes the money to purchase the folly? It is a fearful question, and the intent of the indulgence is still more fearful. Dress is the cause of the sacrifice of virtue—dress is the cause of theft—dress increases the expenses of our criminal law, and fills our prisons; and when skin-deep beauty fades, relief is sought in the gin-shop, which ends in bridewell and death.

FOREIGN DOMESTIC SERVANTS ARE PREFERABLE TO ENGLISH.

The present race of English servants are a disgrace to themselves and to the land in which they were born: profoundly ignorant, profoundly insolent when they dare, and, with certain exceptions, not over honest. Unless there is a great change, masters and mistresses will do well to employ none other than foreigners; they are up and stirring before the rising of the sun, and their toilet is made before it has risen; their dress is domestic neatness, and they are attired as servants should be; they are remarkable for civility, and are not only content but grateful; they turn their hands, and, above all, their minds to every domestic duty. It is really refreshing to witness their conduct in com-

parison with English servants. There is never any disputation, as among English servants, that it is not their place to do this or that, and they are free from all flippancy. You never hear them say, "I have never been accustomed," or, "oh, I forgot;" and let it not be forgotten, that they are not paid half so well as English servants, and, what is more, the keys may be left in the cupboard and the tea-caddy open, and nothing will be touched; this may probably arise from the fact that the gentlewomen on the Continent are scrupulously particular as to character. It is required that every candidate for service should produce testimonials, as also a reference to the last service, which consists of the certificate of the syndic of the commune in which the candidate was born, as also the certificate of her pastor. These are dated, and are the passports to the first employ; on leaving, a certificate of character is given, signed and, if possible, sealed, and so on with every subsequent service, so that when tacked together they contain the history of the domestic; none are taken into service that cannot produce such testimonials.

Gentlewomen abroad scrupulous as to character.

What is required.

Proposition for a new society for the Registration and Relief of Domestics in England.

If the Society for the Employment of Women, in connexion with the National Association for the Promotion of Social Science, would institute an institution for the scientific instruction of educated females, there would be no want of patronesses, presidents, honorary directors, &c. &c.; and if a register was kept for the registration of every class of domestics all over England, with

their characters from birth, it would be a self-paying institution. There are 3,745,463 housekeepers, and it is fair to calculate that half a million would subscribe five shillings annually, which should entitle each subscriber to the choice of domestics of unblemished reputation, for none other would be registered. The income thus derived would be sufficient to employ scientific professors to lecture, and, under certain restrictions, to afford lodgings and protection to all honest and deserving servants. If such a plan were adopted, it would be a new era in the domestic world, and there would be an end of the present worthless class, as also of the poor ladies who are badly educated, or not educated at all, who desire "to live genteel," or by "anything not menial," and all impostors of the like kind.

ADVICE TO YOUNG LADIES WHO DREAM GENTILITY TO BE A MEANS OF SUPPORT.

However genteel may have been your birth, if you are left without the means of support, it is incumbent on you to consider how you are to avert the wants of old age; it is essential for you to think how you are to escape the workhouse. It is well at all times to look truth in the face, and not say, as is too frequently said, let to-morrow take care of itself. You cannot avert old age any more than its necessities; you cannot provide for old age by making a noise on the piano; you cannot do it by your half-acquired accomplishments; as to your

dancing, or teaching drawing, the use of the globes, or the smattering of the languages of all the nations in Europe—none will serve you. Men do not desire toys or dancing-women for wives, and they hate the noise of a piano. An engagement as a figurante at a theatre would give you (if so fortunate to obtain it) about fourteen shillings a week; shirt-making would give you sixpence a day; the killing millinery employment demands eighteen hours hard work, starvation and disease. When Lord Brougham talked of ladies depending "*on the benevolent, and receiving half worn-out clothes, odd volumes of books, or duplicates; in a word, whatever any kindly-disposed persons might be inclined to send,*" surely such kind of benevolence could not be intended for "a poor lady," such as is understood by the term, but which is usurped by every wench wearing an extended petticoat. Lord Brougham must have meant that description of relief for such persons as Lord Shaftesbury describes. He was the chairman and president at the last meeting of the Society for the Employment of Women, in connexion with the National Association for the Promotion of Social Science, held at Willis's Rooms. It was stated that the society was quite unable to comply with the applications for employment which it was constantly receiving. The applicants were classed under seven heads:

First. Governesses of thirty, forty, fifty, and sixty years of age, *who wished to turn to something else.*

Second. Women reduced in circumstances, suddenly or gradually, *and totally untrained.*

Third. Women who had kept house for relatives, *but were otherwise totally untrained.*

Fourth. Young women from seventeen to twenty-five, *badly educated, who wanted "anything not menial,"* or *"anything genteel."*

Fifth. Governesses who had become deaf.

Sixth. Widows of every class wishing to become housekeepers or matrons in some light situation.

Seventh. Wives of invalid husbands, who asked for writing, or any kind of work that could be done at home.

Here is a pretty picture of gentility. Number one, women calling themselves governesses, *"wanting to turn to something else."* If inquiry be made, it is a thousand to one that they are no better trained than numbers two and three, and probably like number four. The term governess is a word of frequent occurrence, but the difficulty is to find one that is really competent; for the most part, when they get into a family, the family is glad to get rid of them, because they mostly come under the category of number four.

As to numbers two, three, four, five, six, and seven, surely the most impudent assumers of the term lady, will not have the assurance to say that any one of those numbers comes under the application. The poor-rates in England and Wales for the year ending at Lady-day, 1862, amounted to the sum of *eight millions eight hundred and thirty-eight thousand*

nine hundred and ninety pounds. Surely this ought to exonerate the benevolent from the imposition of self-styled ladies, whose heads are so scantily supplied with the knowledge appertaining to the domestic, that there is an annual loss of upwards of twenty millions of money, and their duty they have abandoned to be performed by the dregs of society.

Doubtless many females, whose parents have lived in flash style, have left them to scramble for their bread, and as females, may claim our sympathy, although they themselves are somewhat to blame, because they must have observed that the daughters of the clergy, as also the daughters of our first-rate farmers, are sought in marriage; and why? because those persons are domesticated, and free from the absurd follies engendered at boarding-schools, and carried out at balls and assemblies. It is painfully obvious that the daughters of England have been neglected, and little taught in that which to them would be a success. How different is it among the daughters of the Continent; they have well-cooked dinners every day. They, like our royal princesses, make a study of the art, and a noble art it is; it is a sweetener of temper; it is the sweetener of life; it prolongs life; and the acquirement gives the possessor the means to direct servants, and places her on a noble pinnacle. It is a far nobler art to be able to prepare that which will agree with the delicate organisation of the human frame, than the art which is employed to get rid of the injurious

effects of bad cooking. If the daughters of England are desirous of old age, comfort, and respectability, they will spurn the idea of becoming the recipients of "*half worn-out clothes, odd volumes of books, or duplicates; in a word, whatever any persons might be inclined to send;*" they will equally spurn the idea of becoming printers or law-writers, for the simple reason that those trades are fully engrossed, and more than engrossed, by persons who have wives and daughters to support, and whose whole lives are not equal to leave those wives and daughters wherewith to live.

If the few educated daughters of England are true to themselves, and really know their mission, they will speed to shed the ephemeral form and dress assumed by the froth of the females of the present day, and study to become gentlewomen.

THE YOUNG GENTLEWOMAN.

The virtues and qualities of the Gentlewoman born and educated are preserved from generation to generation, and by instinct the qualities of the mother are exemplified in the daughter. Gentleness, refinement, and thought are in every action. There is a combination in the young Gentlewoman that is unknown in the common walks of society. From her cradle she is gradually taught all that makes life agreeable; she is taught how to impart a woman's duties to her inferiors. The young Gentlewoman is without pride, without guile, and enters into all the

domestic virtues becoming to "Queens" and "Women of Quality." Little do the ladies in the middle classes of life imagine what they lose by their futile attempts at greatness.

What better can occupy the attention of the young gentlewomen, what is more interesting than the study of the art and practice of this elegant employment? We have already seen that our princesses have adopted it, and we need only to read Francatelli's Royal Confectioner, a book more amusing than the Arabian Nights. What can be more interesting than the preservation of fruits in sugar, or in spirits; the preparations of all kinds of syrups; English, foreign, and national fancy beverages, ices, candies, plain and fancy bread-baking, ornamental confectionary, the dishing up of fruits, and the general economy and arrangement of desserts. Surely it is preferable to thus amuse and occupy the mind than poring over the nonsense in "Le Follet."

HOW THE LAMP OF LIFE IS SUSTAINED.

The enlightened gentlewoman is aware that animal life and heat is the result of the combination of food with oxygen in the process of respiration, and that all animal existence is sustained by breathing, which is a result not dissimilar to that of a furnace. Both require air, both consume carbon, both produce the same chemical result—viz. the combination of oxygen with carbon.

HOW THE LAMP OF LIFE IS PUT OUT.

Every child is aware that if dirt be thrown on the fire it will not burn, but the fire will go out. If bad coals be put on the fire it will not burn bright, but burns languidly and goes out. If the fire will not consume dirt mixed with carbon, how can it be supposed that the human stomach, with its delicate organisation, can digest that which the furnace refuses. It is the same with the stomach as it is with the furnace. If carbon, in combination with the dirt, crock, and verdigris of the kitchen, or what is nearly the same, food improperly cooked, be introduced into the stomach, the vital powers are impaired, causing dyspepsia, jaundice, and all the ailments that makes life miserable. But to the young it is more disastrous; it stints the growth, it destroys the complexion, which produces parchment, and hence we have so many pale, yellow, and brown sheepskin faces, lacking the freshness and rosy countenances of former times, and this is one cause of the disease genteelly called consumption, and so obnoxious to marriage.

LADIES.

DINNER PARTIES.

It is all well enough to be regal in mind, but when people with a small staff of three or four common servants attempt to imitate our nobles, very few of whom having the machinery to give a banquet of twenty covers, it becomes a mockery for such people to give a dinner at all, especially in imitation of St. George's Hall; because the dinner, as it is called, is not made up in their own kitchens, but is the stuff of a pastrycook.

There are proud bird-fanciers who meet at suppers, honestly to show their pigeons, and proud dog-fanciers who meet most honestly to show their dogs; but it is under the feelings of false pride that these small people and dressed-up nobodies of an uncertain age meet. They do not meet for the pleasure of a dinner, nor for real enjoyment, nor for love, nor friendship; on the contrary, it is to try to appear what they are not; for the dinner is a sham; it is not princely, it is anything but that; it is nausea, it is a burlesque, and ninety-nine men out of every hundred would be better satisfied with huntsman's soup and a well-roasted wing rib of beef than all the imitation jims of second-rate pastrycooks. If Lord Derby, or any of the few noblemen that

can give banquets, did any of these second or third-rate people the honour to dine with them, they would be far better. pleased to dine off the huntsman's soup and the roast beef than a sickening pastrycook's imitation of one of their own dinners. No, no, there is no dinner like an honest dinner for a party of eight or twelve out of a model kitchen—it is enjoyment instead of burlesque, it is friendship instead of deceit.

No dinner like that of a model kitchen.

What are called fashionable dinner parties are very hollow affairs; the persons of whom they are composed are equally hollow, continually changing; about three years in general suffices to change the whole set; some go here and there, and others nobody cares where. A few years ago there was a very true burlesque (founded on fact) played at one of the London theatres; it represented a wife, the image of whom is to be seen every day, always anxious to have fashionable people for friends—yes, all friends. The husband, a thinking man, knew to the contrary, and to convince the wife of her folly, and that there was no friendship in such acquaintances, agreed that he should give a dinner party, and she might collect all their friends at an evening party, so as to try the whole set. The day came, the dinner was over, and the guests had retired to the drawing-rooms, and loud were the praises of the wines, the magnificence, and generosity of the host and the amiable hostess. There appeared but one sentiment, apparently one and all would have laid down their lives for the

founders of the feast; all were employed in swallowing the refreshments in the drawing-rooms, and between every mouthful again and again outpoured praises, overwhelming the feelings of the hostess. Into the midst of this goodly company entered the host, who desired them to form a circle. He stated quietly that something had unexpectedly occurred, and he required the temporary loan of two hundred pounds. A sheriff's officer, he said, had just entered, and was below, and it must be paid at the moment. The whole party in derision set up a loud shout of laughter; they went on eating the ices and creams, and between each mouthful wondered at the impudence of the host making such a request. The idea of asking the loan of two hundred pounds; giving such a dinner party and wanting two hundred pounds—it was laughable. The host thus derided, called his wife into the circle, and, repeating the derision of the whole of the guests, he shortly explained to them that he had assumed a character of distress to convince his wife of the hollowness of her friends and such people.

THE PREPARATIONS IN THE MODEL KITCHEN ARE SUPERIOR TO CLUB AND ALL OTHER FORMS OF COOKERY.

To those who have enjoyed the simplicities, the luxuries, and gratification of the model kitchen, there is no greater deprivation or greater misery than a visit to St. Leonard's, Brighton, Torbay, Ryde, or any other of the fashionable resorts, be-

cause the art of cooking even a mutton-chop or a potato is unknown, although the money drawn from your purse is ten times more than if you stayed at home and enjoyed the productions of enchantment—a dinner prepared with the same nicety, care, and cleanliness as the scientific chemist bestows on his preparations in his laboratory. The author has dined at all the clubs, he has tasted the refined preparations of Francatelli, Soyer, and all the cooks of note; he has dined at all the City halls, famous for their dinners, and he is not ashamed to say that he has dined at Joe's; but at none has he dined so delicately, so well, so satisfactorily, as when the dinner has been produced from the model kitchen, and like all "great truths," the secret is very simple.

The art of cooking a mutton-chop or potato unknown at these places.

The food is prepared in utensils as clean as the teacup you have used at breakfast, viz. in fine fireproof porcelain saucepans, and dishes of the same materials, the necessity of which is, that in metal saucepans there are certain and various chemical changes, none of which tend to improve health, and some are highly injurious, and may cause death.

The food in the model kitchen cooked in porcelain.

Everything coming from the model kitchen comes burning hot to table at the moment it is in its highest perfection (and this is what you cannot get at City halls); yes, so hot, that it is a luxury to have a cold plate; this is the secret, reader, do not forget it. And whenever you have a chance, do not refuse to dine with a party of eight served from the model kitchen. You are sure to meet with enjoyment.

Everything hot and in highest perfection.

THE POOR MAN THAT HAS TO KEEP HIS LADY ON FROM 200*l.* to 300*l.* A YEAR—AND MANY ARE THESE.

The man who has a lady for a wife, and has to keep her out of an income of two hundred to three hundred pounds a year, must, of course, put up with scanty fare to make both ends meet, what a boon will prove the model kitchen, what comfort it will bring. It is scarcely to be wondered that poor husbands should sometimes think their domestic blessings are dearly purchased by perpetual bad dinners; nor is the thought lessened by the recollection of that which could be done when single; it is not to be expected that they should forget the favourite beef-steak, or the delicacy of a well-cooked mutton-chop at Joe's. Such fare cannot be had at home; if attempted, it is black, burnt, and spoiled; and the eternal leg of mutton cold, hashed, and stewed, the gravy reminding of the flavour of soap-suds. The model kitchen will enable every man (that has a lady for a wife) to cook his beef-steak or mutton-chop and his summer cabbage without trouble, in the same perfection, and with the same ease, and, indeed, better than at his favourite Joe's.

Poor husbands sometimes think of the luxuries they could get when single.

The relief of the husband who has a lady for a wife.

THE BREAKFAST-TABLE.

However well the side-board may be furnished with the luxuries of life, yet the breakfast-table is incomplete unless furnished with a couple of gas

tripods, which may be placed if you please on the side-board.

On one the kettle is to stand; for without water at 212 degrees of heat tea cannot be made in perfection, the waste that occurs under that standard is more than the value of the gas; the other enables the guests to boil their eggs, soft, hard, or as they please, in a porcelain casserole; or to cook in small porcelain dishes rashers of bacon or ham, or an omelette, or réchauffée of any little delicacy remaining of the preceding day's dinner: the comfort, the delight of such a luxury is beyond description, and is only to be exemplified by those who have enjoyed it.

OMELETTE SWEET HERBS, WHICH YOUNG GENTLEWOMEN MAKE ON THE PARLOUR TABLE.

OMELETTE WITH FINE HERBS.

Break half a dozen eggs into a basin, chop fine a couple of eschalots, or a fresh onion, also three or four sprigs of fresh parsley, add pepper and salt according to fancy, and if you have any cream, add three table-spoonsful, if not a little milk; beat all well together, place one of your round fire-proof porcelain dishes on the tripod, put into it two ounces of butter, and as soon as it begins to spirt or bubble, pour in the mixture that you have composed in the basin; let it remain until you perceive that it is set, double it in two, and serve it in the dish in which it is fried, or in a clean one

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at option. If you have a little spare meat jelly of any kind you may pour it round the omelette.

OMELETTE WITH TRUFFLES.

The same, with the addition of two or three truffles chopped very fine.

OMELETTE WITH HAM.

The same, with two ounces of the lean of ham chopped very fine.

SWEET OMELETTE.

Break six eggs into a basin, beat them well, add half a table-spoonful of pounded sugar and four table-spoonsful of cream and a pinch of salt, beat all together, and proceed exactly as you did before, in frying the omelette, &c.

Note—in case of accident it is better to break each egg into a teacup, and so pour them one at a time into the basin, in case there should be a bad one.

If you choose to have larger omelettes it is only to add one third or one fourth more of the quantities. If you prefer them a little sweeter, add a little more sugar.

THE FAIRY OF THE MODEL KITCHEN.

The magic light of Aladdin's lamp, the fabled magnificence of the Arabian Nights, and all the tales of Eastern enchantment fall short of the realities of the model kitchen. Here civilisation

and refinement go hand-in-hand to the road to happiness. None of the fairy tales of enchantment come up to the realisation of that which is contributed by the pretty hands of the fairy of the place. Breathing the perfume of violets, and free from every impurity, she produces as if by magic the most delectable and appetising luxuries, pleasing to the view, and, above all, to the mind of the delicately fastidious, making the most of God's bounties, conferring happiness, health, and longevity to His creatures.

THE MODEL KITCHEN.

Economy and simplicity in all improvements connected with domestic affairs ought to claim the particular attention of every female above the lower rank of life. We will take the wonderful improvements of the last twenty years, under the four following heads:

First . . . The gas stove.

Second . . The American stove, for places where gas is not to be obtained.

Third . . . The importance of cooking in porcelain utensils instead of metal saucepans, &c., as heretofore.

Fourth . . How the flavour of all kinds of herbs may be instantaneously applied without having to go continually to the greengrocer, thereby saving the waste of time, the trouble, and the expense now in practice.

It is greatly within the mark to say that twenty millions sterling is annually wasted by the present wasteful mode of cooking. Surely the females of England will no longer stand in their own light, but will gratefully receive some hints for doing things better than they have been done during the last thirty years. What has been done has been injurious to the pocket and dangerous to life. There is an opening, and there will be encouragement for persons of industry to enter upon the delightful science of cookery, which offers solid advantage, an abundance of amusement, as well as instruction.

The gentlewoman has her model kitchen as near as can be contrived to the *salle-à-manger*, and in the space of a few square feet will produce, without any apparent effort, a dinner for a dozen persons. There is no hurry, no flurry, no smell, which usually emanates from the cooking, to which most people are accustomed. All that the ignorant cook allows to escape by evaporation is preserved. All is delicately clean, the stew-pans bright, and the porcelain saucepans as clean as teacups; the very cloths are washed at home (in soda only) to avoid contact with soap, or, what is worse, being washed in the suds through which the laundress has passed all the dirty linen until she comes to the snuffy handkerchiefs, and then she thinks the suds will do for the cooking towels.

To the mind accustomed to the expensive kitchen range, the destruction of tons upon tons of

coals, its dirt, its soot, and its waste, it appears marvellous that a good dinner can be cooked to the moment it is wanted at the cost of a few pence.

Every house has a room which, if occupied by a medical man, would be turned into what would be called his surgery. Let that room be fitted up with a china sink, large enough to soak a ham, let water be laid on, and a tap to let it off. Let shelves be put up sufficient to hold a dozen china saucepans, from the size of the butter saucepan to the largest, which is the size to boil (simmer) an aitchbone of beef; there will be wanted a shelf on the floor for the bright stew-pans.

THE GAS STOVE.

The advantages of using gas for cooking purposes in preference to any other kind of fuel are so obvious as scarcely to require enumeration. A uniform and steady heat at any temperature can be maintained without any supervision throughout the whole process, and may be raised or lowered as required at any moment. The heat need only be applied when the meat is fully prepared for dressing, and may be removed immediately it is done, or, when necessary, turned down so as only to keep the meat hot while other dishes are being got ready. The operation being carried on in a closed chamber, the meat is heated all over alike, and is found to be much better dressed than by either roasting or baking. There is no waste heat, and the tempera-

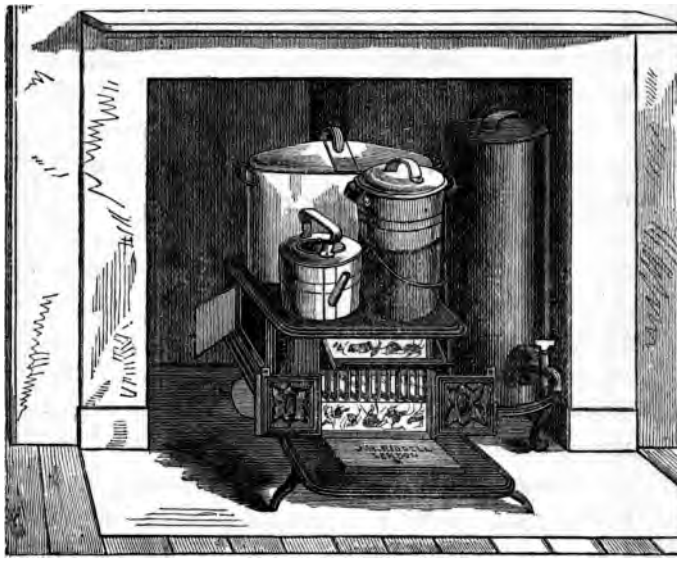
ture of the room is but very slightly increased, so that large operations may be carried on without any inconvenience to the persons employed. In stewing, especially, where the heat is required to be maintained within the boiling point for a long time, it answers to perfection.*

If the room destined for the model kitchen were large enough, it would be no bad plan to combine the kitchen with the *salle-à-manger*—the comfort is beyond all description—and the larder should be close by.

THE AMERICAN STOVE.

We are greatly indebted to the Americans for the invention of a stove that affords nearly all the advantages of the gas stove, because in our country houses, and in many other instances, gas is not to be obtained; therefore, having once enjoyed the great and luxurious advantages of a gas stove, what a reverse it would be to return to the expensive dirty kitchen range. The persons who study economy and cleanliness should pay a visit to No. 155, Cheapside, because without seeing it no one would believe that a dinner could be cooked in porcelain casseroles or saucepans, and porcelain dishes that are placed on your dinner-table. Like the gas stove, the entire dinner may be cooked in porcelain, thereby entirely doing away with the obnoxious metal saucepans.

* The author's Model Kitchen was fitted up by Phillips, of Skinner-street, London.



The fire chamber occupies the centre of the range, the heat from which passes to the right and left under the different pots, kettles, or boilers, which fit into the hot plate, and then descending, completely encompasses both ovens, and imparts an *uniformity* of heat never before attained, so that joints, pastry, &c., do not require that constant turning which is found necessary in many of the most expensive ranges in use.

The fire chamber is fitted with fire-clay linings, and the hot plate is so arranged and divided off into sections as to render it perfectly secure against fracture or cracking from over-heating.

The flues of the range, after making the circuit of the two ovens, meet and pass out at the back,

from whence the necessary connexion with the chimney may be made with either a sheet-iron smoke pipe or a brick flue.

The arrangements for clearing out the flues are so simple and complete that it may be done thoroughly in a few minutes at any time.

CASSEROLES OR SAUCEPANS.

The first consideration for healthy cookery is the choice of saucepans; copper, undoubtedly, are the most lasting; but there is an insurmountable objection to their use, they require constant cleaning, which is not a pleasant occupation, the least negligence engenders verdegris, a mortal poison, a very small dose of which will produce an effect on the system that may be felt to the end of life; all indigestion and liver complaints have had their origin in the saucepan, however cleanly the kitchen-maid may be. You are never exempt from the danger of making life deplorable.

The iron or tin saucepans require constant attention to cleanliness; but the occupation is so disagreeable that not one out of a hundred is really clean when used, the consequence is that the meat imbibes the accumulated dirt on the sides, and is not fit for the stomach of the sick or convalescent; besides which, there are certain combinations and chemical changes in the waters and meat coming in contact with the heated metal, that produces an empyreumatic taste and smell.

It is exactly one hundred years ago that Wedg-

wood blessed the English nation with common pottery; but thanks to the inventions of the present age, porcelain has been manufactured at Dresden and in France* that will bear any amount of heat when properly applied. It is in this metal that all the gold coined in our Mint is melted. Porcelain saucepans have been long in use on the Continent, and in our late International Exhibition there were exhibited fire-proof casseroles and dishes, which are very strong. Undoubtedly porcelain is fragile, and will not bear the bumps and banging of the heavy-fisted abigails; but the use of such utensils are not, any more than the cooking of our victuals, to be entrusted to such creatures. In the hands of a gentlewoman casseroles and dishes would not be broken, and if she entrusted them in the hands of a careful person they would not be broken; but if she entrusts them to a creature to wash, let her pay for breakages, a fit penalty for her clumsiness, and if a few were broken the expense would not be great, and it would be much less than the present wear and tear, besides running the risk of destroying the stomach and weakening the vital powers of life.

As to the dishes, they are cheap and elegant in shape; fancy slices of salmon brought from the stove, looking like what an artist would paint rather than a piece of cookery; a dish of quails in their garb of lard and vine-leaves, at the very moment they are ready, without the trouble of re-dishing

* Phillips, next the Pantheon in Oxford-street, are the agents.

and disturbing their beauty. All the delicate young vegetables may be cooked without water, and placed on the table in the dish in which they were cooked.

For many years past the gentlewomen of the Continent have been accustomed to the use of porcelain, and the directions that hereafter follow suppose the use of that material. The author is sincerely of opinion that it will prove a source of comfort hitherto unknown to English females, especially as regards cleanliness, and it will prove a blessing in promoting a healthy digestion, the true source of happiness; for what is life worth unless in health? In ninety-nine cases out of every hundred the cause of disease, and the misery arising therefrom, are disorders of the stomach, which have arisen from the unhealthy combinations in the saucepans. It is to be hoped that all young ladies will study to become the young gentlewoman, the queen of her kitchen.

THE MODEL KITCHEN.

Nature was in her kindest humour when she suggested the model kitchen. Happy is the queen thereof, and fortunate is the graceful Psyche; both are equally admired, not by the bedizened flashy, or the semi-genteel, or by the praises that are bestowed on common things and common persons, but that admiration which is akin to what is paid to divine goodness.

An invitation only to breakfast is a treat never to be forgotten. The care and delicacy of the little

dishes, probably only the remains of the preceding day rewarmed, are presented to the admiring guests; all are enchanted, and foresee the happy future of Psyche.

In the model kitchen everything is prepared with chemical exactness and godly cleanliness; the saucepans and cooking utensils are of porcelain, and Pysche has not to wet her taper fingers; the cooking utensils are washed, as if by magic, in the neat little sink with a small brush and the aid of a little soda, thereby getting rid of the filthy black saucepans, and, at the same time, the gorilla of the kitchen.

The fittings-up are within the means of most persons; the stoves may be had from the cost of a few shillings to whatever fancy may suggest, and the other appurtenances may be had according to the means or taste of the presiding queen, to whom alone belongs the right of controlling all that relates to it.

Those that could afford the expense would fit up the room adjacent to their dining-room; but if it happened to be large, they would also make it the salle-à-manger, and adjourn to the dining-room for wine and dessert. None but those who have experienced it know the delight of dining where the dishes are handed from the stove to the table, Psyche handing them to the man-servant one dish at a time. Novelty may, like a pic-nic, have something to do with it, but, when once adopted, nothing induces to depart from it or go back to

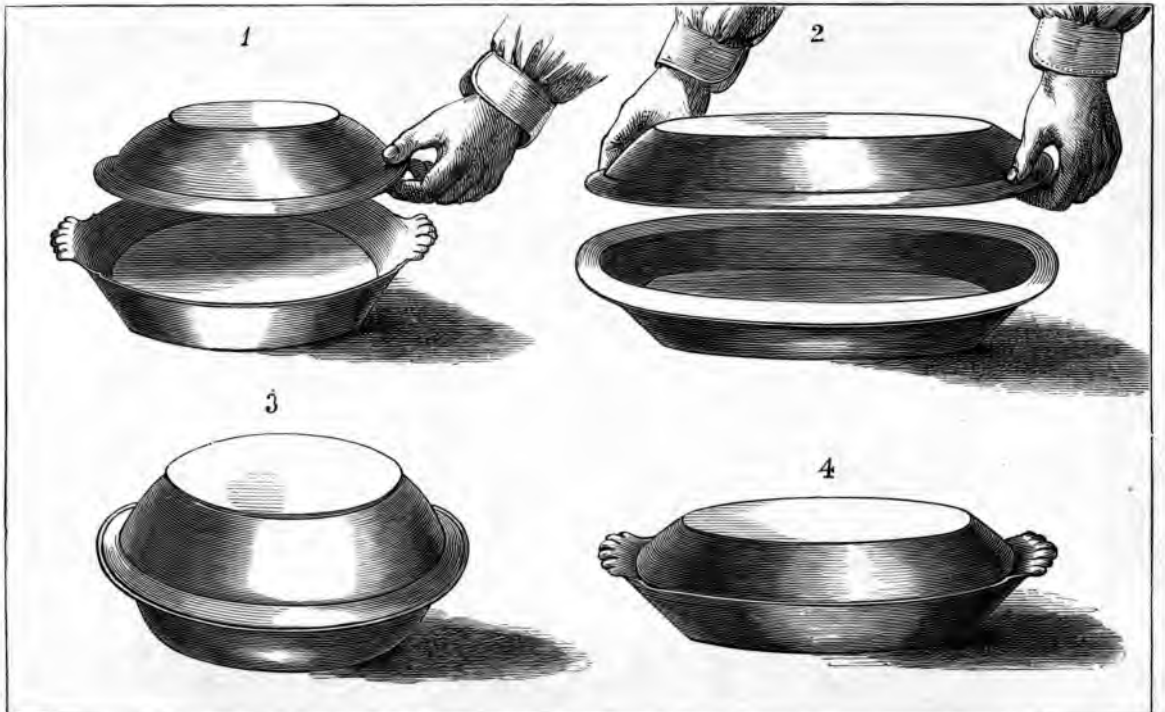
the old system. There is a drawback, and that is, you have a horror of dining abroad.

Besides the gas or American stove, there is required, for comfort sake, a china sink large enough to soak a ham, with water laid on and a tap to let it off, which saves Psyche the trouble of fetching and carrying, and enables her to wash a salad or anything else at a moment's notice, without the nuisance of ringing for the gorilla to bring it.

With regard to the table, every operation may be performed on a table-cloth with the aid of a small chopping-board, and the very few other things that may be required will be suggested by any respectable ironmonger.

The casseroles and fireproof dishes you may obtain from Phillip's china warehouse, next the Pantheon, who are agents to the Dresden and French manufacturers. The dishes are of four sorts, viz.:

No. 1 is a set of round baking, sixteen in number, varying in size from the smallest to the largest, all going one within the other. By turning the size smaller over the size larger it acts as a cover, enabling you to have a pie without the trouble of making a crust, which is never eaten except at school, and at home is thrown by the gorillas into the dust-hole or hog-tub. In these dishes all young vegetables, such as peas or cauliflower, may be boiled without water with only an ounce of butter, thereby preserving the delicacy of the vegetable instead of throwing it away in water.


1
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No. 2 is an oblong or oval set, eleven in number. By turning the smaller on to the larger size, you may boil any fish with the aid of an ounce of butter and the moisture that comes from the fish; you may place it on the table with the fish you have boiled in it with the same appearance as when taken from the sea.

The two other sizes are what the manufacturers called eared; that is, they have a kind of handle, are prettier to put on the table, are deeper, and are requisite for other purposes that will occur hereafter. They are to be used by putting the right size of No. 1 or No. 2 over as lids.

The casseroles are of all sizes, and, although most things may be cooked in dishes, yet there are some things, such as a cod's head or summer cabbage, will require to be cooked in a casserole.

Large logs of meat, such as rounds of beef or legs of mutton, may be cooked in a double saucepan on the hot plate without water.

How Psyche flavours all kinds of dishes, soups, and stews without constantly sending to the greengrocer's or the pickle shops, which saves more money in one year than will pay for her dress.

There is a place called Thames-street, and in that place are a number of respectable, honest fruit-merchants, who twice a year have a fresh supply of lemons, and for six shillings they sell you one hundred and ten of the very finest; they pack them and send them home by the Parcels Delivery

Company. Psyche orders two gallons of the very finest over-proof neutral spirit, she pares the lemons very thin, and puts the parings into a glass gallon jar; she covers them with the spirit, the lemons she squeezes, and when the juice has settled she strains it into another gallon jar, and adds to it about a pint of the spirit to preserve the juice, which is at all times ready to use where a little vinegar or acid flavouring is desirable.

With the essence of the lemon-peel she flavours jellies, and all the things that it is desirable to give that flavour, and in the summer-time she makes the most delicious summer drinks.

TO OBTAIN THE VEGETABLE FLAVOURINGS

she fills a half-pint bottle with peeled eschalots, and covers with the very best vinegar—

A bottle in the same manner for garlic.

Ditto for tarragon.

Ditto for chillies.

Ditto for celery; she obtains half an ounce of the best celery-seed, but, instead of vinegar, fill the bottle with the proof spirit.

Ditto for turnip, which she obtains as fresh as possible, and pares rather thick, and fills the bottle with the parings and covers with proof spirit.

She provides a bottle for lemon thyme, winter savoury, sweet marjoram, sweet basil, half an ounce each, and covers to the top with proof spirit.

A bundle of fresh parsley she washes clean, cuts

the roots into small pieces, and puts the whole into a bottle and covers with proof spirit.

She corks down, and all is ready for use in a fortnight. She sometimes filters through blotting-paper or not, and here she has the flavourings of nearly every vegetable for instantaneous use all the year round, which is very strong, but she is careful only to apply a tea-spoonful at a time.

She also provides—

A bottle of mushroom catchup.
Ditto anchovy sauce.
Ditto lazenby.
Ditto tomata.
Ditto fine French capers.

She also prepares Francatelli's aromatic herb seasoning, giving a fine flavour to soups, pies, &c. It is one of the finest flavourings ever composed, and which Francatelli has given permission to insert in this book:

Nutmegs, one ounce.
Mace, one ounce.
Cloves, two ounces.
Peppercorns, two ounces.
Dried bay-leaves, one ounce.
Basil, three ounces.
Marjoram, three ounces.
Winter savoury, two ounces.
Thyme, three ounces.
Cayenne pepper, half an ounce.
Grated lemon-peel, half an ounce.
Two cloves of garlic.

All to be well pulverised in a mortar and sifted through a fine wire sieve, and put away in dry corked bottles. Although this receipt is here inserted, the book should be bought, in which will be found thousands of refinements worthy the knowledge of a gentlewoman, but above the comprehension of a gorilla.

OYSTERS, CONSTANT SUPPLY.

There is not anything that contributes so much to the refinement of cookery as the oyster; and although London is famous for its supply, yet, with only one exception, none are to be obtained fit to be eaten west of Cheapside. The fishmongers of London are no where excelled in stale fish; they buy it and think they must sell it. They keep it until it is absolutely unfit for the human stomach. Nearly all the shops have a mixture of stale and fresh; hence the necessity of a female knowing fresh from stale. The oyster requires a little management. Psyche every Saturday receives eight dozen per Parcels Delivery Company from Pym's, in the Poultry; she puts them into a pan with water, which she salts as nearly as she can guess to the sea-water; she covers them over with a cloth to prevent the London atmosphere getting to them; she daily turns them out of the water to starve for two or three hours, but covers them from the atmosphere, and gives them fresh water and salt as at first, and so she continues daily; and hence it is she has oysters worth eating.

The London atmosphere has the same effect on the oyster as it has on plants.

CORKS.

In the economy of the storeroom there is not a more important consideration than that of a cork. Three shillings and ninepence will give you three sorts of six dozen each of the very finest quality—viz. the wine-bottle, the half-pint, and the vial; the comfort is great, and so is the saving. The females of your kitchen are without knowledge, taste, or smell. It matters not whether the Florence oil is rancid, and not fit for the human stomach, any more than the anchovy. It is said that a man does not deserve a wine-cellar unless he looks after it himself, and so it may be said of the lady, but the gentlewoman is another creature; she is always awake, and knows that it is proper when opening a bottle that the old cork should be thrown away, and a new one used in its stead, because the perforation of the corkscrew has destroyed the cork, and the contents of the bottle should be kept air-tight; and not only so, but she puts away the bottles into the coolest and darkest place* in the store-closet, with bottle turned on the cork, which prevents the entrance of the atmosphere; so that you have not to buy a fresh bottle of oil for every threepenny salad, or a fresh bottle of anchovy when you require only a tea-spoonful; and so she does with the tomata and other sauces.

* Light decomposes in some instances as much as the atmosphere.

THE LARDER

Is an important subject. Its situation should be in a place where the atmosphere can pass freely through it, and not near any drain, the escape of the carbonic gas from such a place would in one night destroy the contents. It is pleasing to have it in close proximity to the model kitchen; a peep into it brings to mind all the pretty displays of Parisian rarities exhibited by the restaurateurs of the Palais Royal, which, to a good appetite, is more enchanting than all the finest parterres in the whole world.

A FEW OF PSYCHE'S INEXPENSIVE TRIFLES

(*which prevents the Master of the Mansion going to his Club*).

A mullet, eyes bright red and rose pink. Psyche sometimes finds that they are without their liver; she gets the fishmonger to introduce the soft roe of a fresh herring, but this is quite a secret. She places the fish in a porcelain dish, with small pieces of butter all over it, and a little cayenne; she places it in the stove for twenty minutes, and when nearly done she conveys a pinch of Francatelli's aromatic herbs into the gravy under the fish.

A chicken turbot, or Torbay sole au gratin (see further on).

A cod's skull, eyes bright, with good oyster sauce, flavoured with a little nutmeg and lemon juice.

Herrings just out of the sea—broiled; a dish of fried Spanish onions.

Mackerel fresh from the sea, emitting all the colours of the prism, split open, peppered, salted, small pieces of butter, and sweet herbs put over it, and broiled.

A sole boiled in the liquor of the mussel that was not required for the sauce.

A sole fried in an oval dish. She puts under the sole a small quantity of butter, on the top lays small pieces from the head to the tail, a little cayenne, grate over small bread-crumbs, puts it on the hot stove until she finds it frizzing underneath, and then bakes brown under the salamander. Such a picture!

Salmon, slices of Gloster that has not been iced or watered, cooked in a dish with small pieces of butter and a little cayenne. Good caper sauce, with plenty of French capers in it.

Slices of fresh cod, cooked in a dish with small pieces of butter on it, but no water. Good oyster or mussel sauce flavoured with nutmeg and lemon-juice.

Oyster patties.—If Psyche has a suspicion that any one is coming from the club she will not put either lobster or oyster patties on the table, because they are mostly so nastily made, and hence it is that men have such antipathy to eat them. She changes their disgust, and gives a patty composed of the soft roe of the whiting or herring.

These are not half the inexpensive trifles that

Psyche can put on the table in the shape of fish, there are thousands of methods undreamt of by the English gorilla.

There are also fish soups which are unknown to the common manipulator, and the fish is either thrown away, or when caught thrown overboard, because the English will not buy it.

LITTLE INEXPENSIVE MEATS.

Rump-steaks cut from the joint when they come to the size of a hand—that is, three-quarters to a pound weight, and no more—a fine, hot, flowery potato—sometimes Psyche introduces a sensation of garlic vinegar under the steak—broiled mushrooms or oyster sauce. It is not always that a rump-steak can be obtained cut from the place here designated. At the Garrick Club they give a steak or chop cut an inch thick off the sirloin, and capital it is. It is cut exactly like a mutton-chop, bone and all, and its thickness is that of a mutton-chop.

Lamb-chops.—Broiled sweet herbs.

Mutton-chops, trimmed of the unnecessary fat, and broiled. Sauce, a chopped eschalot, cayenne, and mushroom catchup, with a fine, hot, flowery potato, sometimes a tea-spoonful of garlic vinegar slyly introduced under the chop.

Pork-chops with the kidney in them.—Tomata sauce, warmed with a little claret, pounded sugar, and white pepper in it.

Lamb's fry, nicely browned, a little gravy flavoured with aromatic herbs.

A lamb's head, split open, buttered, peppered, and flavoured with sweet herbs, baked in the stove.

Veal cutlets prepared in the same way.

Lambs' and calves' heart, split open, and prepared the same. Psyche never dreams of veal stuffing.

A sheep's head, boiled, and good caper sauce.

An Irish stew with oysters in it.

Tripe (double) boiled in milk, and good onion sauce.

Pigeons stewed with a tender rump-steak, flavoured with pepper, salt, aromatic or sweet herbs.

Larks done in the same way.

Partridges and rump-steak in the same way.

Giblets in the same way.

A boiled pheasant and oyster sauce.

A chicken split open, peppered, and broiled, and stewed mushrooms.

A chicken with truffle sauce.

A curry of chicken or veal.

A sweetbread cut in slices, and cooked the same way as a lamb's fry, with the addition of a slice of bacon.

A roast duck and tomata sauce.

Legs of Turkey.—Lay slices of bacon at the bottom of the dish, a table-spoonful or so of a jelly

or stock, a chopped eschalot or two, pepper, salt, and a quarter of a pound of truffles cut small, put in the legs and stew gently until done.

Ortolans and quails are only eaten in perfection at select little dinners, when not more than "two or three are gathered together," and which must be cooked by Psyche.

Psyche has a knack at all times of giving flavour to everything by the use of the preparations in the bottles in her laboratory, and when she uses garlic, every one is puzzled by the sensitive delicacy in which she has applied it. They wonder what it is.

SOUP IN AN INSTANT.

How Psyche produces soup or potage in an instant.—She makes it a rule for the butcher to send a leg or shin of beef every Saturday; she wipes and scrapes it clean, puts it into the largest porcelain casserole, covers it with water, and lets it stew gently for six or seven hours. Just as it comes to ebullition she skims it. When all the goodness is out of the meat she strains off the liquor, and when cold it's a jelly. She skims off the fat that is on the surface, and warms it up every day in hot weather, to prevent it going sour, and adds a little salt. Here she has a stock to use for any gravy, also soup to be prepared in an instant, flavouring according to taste from her store of bottles. If she has peas or asparagus during the week she saves the water in which they are boiled, adds what may be left of the peas or

asparagus, pepper and salt, and some of this stock, and here she has a good potage.

Psyche teaches that there is something more worth learning if you have to boil a leg of lamb or a couple of fowls. Boil it in the before-mentioned jelly; the lamb, or whatever meat you boil in it, will be vastly improved, and so will the stock, which, when cold, you must again skim off the fat.

The celebrated French cook, Durand, considered it excellent bouillon four quarts of water to two pounds of meat. Liebig, the celebrated German chemist, was of opinion that for an invalid it should be double that strength.

With a very little attention you may at all times be prepared to imitate "Le classique pot-au-feu," and always have stock ready to compose a dish at a moment's notice. Here you have soup ready for use; you have only to turn to your little laboratory and think how you will give flavour, or turn it into any of the hundred and one potages in the French fashion.

If you wish to give it colour, a little burnt onion or morsel of burnt sugar.

If you have an Italian guest, surprise him; grate a little Parmesan cheese into the soup; as before said, having your bottles and stock ready, you may, by a very little thought, place at a moment's notice the soup that may be chosen. You have only to turn to Francatelli to refresh your memory. The following is a good soup:

JULIENNE SOUP

Is made of carrots, turnips, leeks, onions, celery, lettuce, sorrel, chervil, parsnips, haricots, and bruised peas, chopped up together.

Put two ounces of butter into a saucepan; when it begins to melt, add a spoonful of flour, and an onion chopped very fine; stir together until it becomes quite red. You then put in the vegetables: place the saucepan on your stove and let them simmer for an hour, stirring them very often to prevent burning, and when they become lightly brown, put in three quarts of veal broth; let it boil, and skim, afterwards add a bouquet of thyme, bay-leaves, garlic, and parsley tied up together, and let them remain. An hour before serving, add a purée of peas, half a spoonful of brown sugar, a little salt, and a pinch of pepper. Do not put in the stalks of the carrots, and use only the white part of the leeks, but plenty.

For a white soup a knuckle of veal and an old fowl or two; a quart of water for every pound of flesh.

MELTED BUTTER.

The French say that in England we have only one sauce, and that we call melted butter. And what melted butter it is! nearly always resembling cobbler's or bill-sticker's paste, saving that it is not so tempting in appearance. There are 3,745,463 housekeepers, and it may safely be affirmed that it is only in the houses of the few gentlewomen that

the simple sauce called melted butter is to be seen or eaten. To be seen, because it does not resemble the paste of the cobbler or the bill-sticker; to be eaten, because it is worthy to occupy the region for which it is intended. It is the foundation of all other sauces, and requires only the most simple attention to its

Preparation.

Roll a quarter of a pound, or as much fresh butter as required, either in arrowroot or the prepared American flour, called Oswego, which is to give it the thickness and velvet appearance of cream, put it into a china casserole, with a little salt and a little pepper, and as much water as you think will give it the appearance of thick cream. It must be continually stirred from left to right, until it just comes to an ebullition, but it must not boil. And this is melted butter, the grand sauce of the women of England, when they will condescend to make it.

When melted butter is wanted for vegetables, such as artichokes, or asparagus, or cauliflower, it is well to add at the moment of serving the yolks of an egg or two, and a tea-spoonful or two of lemon-juice.

If you have a tripod, this sauce, as it requires constant stirring for a few minutes whilst coming to an ebullition, may be made on the breakfast-table; in fact, all the sauces are better made on the tripod.

OYSTER SAUCE.

Never forget that an oyster is not worth cooking, much less eating, unless fresh from its bed. There are only two shops in London that you can depend on getting them fresh: the one is the shop near the General Post-office, and the other is Pym's, in the Poultry, who will send them on ordering per Parcels Delivery.

Place a pint basin before you on the breakfast-table or model kitchen, and on a little trencher open the oyster, pour the liquor into a casserole, cut off the fat part of the oyster whilst on the shell into the basin, then cut off the beard and horny substance into the casserole into which you drained the liquor, and so proceed until you have opened six or eight dozen; put away the basin with the fat of the oysters until wanted.

Place the casserole with the beards and liquor on the tripod to simmer for a quarter of an hour, strain off the liquor, and let it stand until it has settled, then strain it into the casserole you intend to make the sauce in; put in a quarter to half a pound of butter, sweet and fresh, a little cayenne pepper, and thicken with arrowroot, and keep stirring from left to right until it comes to ebullition, so that it may be quite smooth and free from lumps; and just before you want it, pour in the oysters to plump, but not to boil; and if liked, half a table-spoonful of your lemon acid. This is capital eating with toasted sippets of bread.

MUSSEL SAUCE.

Like the oyster, the mussel should be quite fresh. Send to Billingsgate for four quarts of the large sort—they will cost sixpence—have them washed and brushed clean, put them into a pan with some salt and water and fine oatmeal for a day or so, and they will fatten and cleanse themselves. When wanted, put them into a clean saucepan, or, which is better, into one of the round deep china dishes, and into the oven; in about ten minutes they will all be open. Take out the small piece of sea-weed in each fish, and put them aside; let the liquor settle; strain off as much as you want into a casserole, put in a quarter of a pound of butter with a little pepper, thicken with arrowroot or Oswego; and just before you want it put in the mussels to warm, but not to boil. This is a sauce not for common people, and may be eaten with toasted sippets of bread, or used instead of oyster sauce.

A LA MAÎTRE D'HÔTEL.

Chop as much parsley as you want and one or two eschalots very fine, add pepper and salt, and with three or four table-spoonfuls of water simmer in a casserole for five or six minutes; roll three or four ounces of butter in arrowroot or Oswego, until it has taken up enough to thicken to the consistence of cream; put it into the casserole with the parsley, and stir it round from left to right until it comes to ebullition. There is no harm to the addition of a

little lemon-juice for fish, boiled fowls, lamb, potatoes, &c.

SAUCE AUX TRUFFLES.

Cut up half a pound of truffles in very small pieces, having first washed and pared the same, put them into a casserole with a quarter of a pound of fresh butter; stew them for a short time; be careful they do not burn; add a couple of wine-glasses of good gravy, let them again stew for twenty minutes; skim off any scum or fat that may be, and thicken with a little arrowroot or Oswego; season with pepper and salt according to taste.

TOMATA.

Pour as much tomata pulp into a casserole as you want, add to it a glass of claret, some white pepper, and fine brown sugar, and warm.

This is the sauce to eat with goslings, young ducks, &c., instead of sage and onion. It is a very good sauce for haunch of venison; indeed, it is good with everything. It makes one hungry to think of it. It is exceedingly good with lamb-chops, and no bad thing with pork-chops.

MAYONNAISE.

This is a very simple sauce, easily made, and much used for cold fowls, and is a very nice mixture for a chicken and salad.

The yolks of two eggs well beaten; let fall drop by drop of fresh Florence oil until you think suffi-

cient, then let fall drop by drop of French vinegar until it is to your taste; add salt and pepper; take care always to turn the same way.

MAYONNAISE (Spanish).

Three yolks of eggs, six table-spoonfuls of fresh Florence oil, three table-spoonfuls of vinegar; let these ingredients be mixed with care until they look like cream, then chop some parsley and two eschalots as fine as possible, and carefully stir in a little at a time; add pepper and salt. This is a capital adjunct to cold meat or poultry.

BEETROOT.

Those that possess a garden should always have this delicate and elegant vegetable on the table; it is alike good with hot or cold meat.

A fine head boiled tender, and, when cold, a few minutes before wanted, to be cut in slices, and pour over the following sauce:

Mix a tea-spoonful of made mustard with two table-spoonfuls of salad oil; when well mixed, add a table-spoonful of French vinegar, and, last of all, three or four table-spoonfuls of thick cream, and a little salt to taste.

If you have a sirloin of beef and the above for dinner, you need not expect to see any of the sirloin go away, especially if each guest has a small extra plate for the beetroot.

SAUCE FOR WILD-DUCKS.

Many men have received the honour of a baronetcy for services of far less importance than the invention of the following sauce. If the inventor had received what he was entitled to, we might look for him in the peerage:

One salt-spoon of salt.
Half to three-quarters of cayenne.
One dessert-spoon of lemon-juice.
One „ pounded sugar.
One „ catchup.
Two dessert-spoons of Harvey's sauce.
Three „ port wine.

To be well mixed, heated, and poured over the bird, it having been previously sliced, so that the sauce may mix with its own gravy. The duck must not be too much roasted, and must be put in the dish without anything.

SALAD (for eight persons)

Should be as fresh as can be got, and well picked and cleaned; and, the very last thing, well cut up and drained, and dried in a clean cloth, and not to be put to the mixture until it is to be put on the table:

The yolks of four new-laid eggs, well beaten.
Three table-spoons of fresh salad oil, poured in drop by drop whilst stirring.
Two ditto of French vinegar, to be gently stirred in.

One ditto of anchovy sauce, to be gently stirred in.
A tea-spoonful of pounded sugar.
Some cayenne pepper.
A tea-spoonful of garlic or Tarragon vinegar.
A couple of eschalots chopped very fine.
Four table-spoonfuls of cream.

FISH.

Two hundred years ago old Izaak Walton said that which appertains to every kind of fish, especially salmon, mullet, mackerel, whiting, and white-bait; indeed, of every fish that is eaten.

Walton says:

"Take this as a rule with you, that a chub newly taken and newly dressed is so much better than a chub of a day's keeping after he is dead; that I can compare him to nothing so fitly as to cherries newly gathered from a tree and others that have been bruised and lain a day or two in water. But the chub being then used and dressed presently, and not washed after he is gutted—for note that lying in water, and washing the blood out of any fish after they be gutted, abates much of their sweetness—you will find the chub being dressed in the blood and quickly, to be such meat as will recompense your labour and disabuse your opinion."

To be eaten to perfection, fish should be eaten as soon as possible after it is out of its native element, and the less it is slouced with fresh water

the better is the fish; it loses its goodness by being placed in ice, and is not worth cooking.

SALMON SLICES

Should be cut one and a half inches thick. When it is in season it is worth any price, but when it gets cheap it has lost its flavour, and is not worth Pysche's trouble to cook. Place the slices in a dish in a size that they will fill it; if only one slice, place it in a dish that will just hold it; put in some small pieces of fresh butter, a little cayenne pepper; put in the stove for half an hour; it will come out a picture. If new potatoes are in season, have some; if sauce is desired, have caper or anchovy.

SALMON BOILED.

If a piece of five or six pounds, put it into one of the oblong dishes that will just hold it, take two wine-glasses of water and one of vinegar, add some salt and cayenne, cover it with the next sized dish, put it into the stove for one hour; the liquor in which it is cooked will be its sauce; it is, when cold, not unlike pickled salmon.

Sauces as the preceding.

RED MULLET

Are to be cooked the same as the slices of salmon; twenty minutes will be time enough to cook them; they are delicately rich, and may be satisfactorily eaten in their own gravy only, but you may, if so minded, sprinkle over them a pinch

of sweet herbs, or Francatelli's aromatic herbs. Some people think they appear very fine when they leave the head on their plates.

MACKEREL.

Split open, put it on an oblong dish that will just hold it, butter the bottom of the dish, put over it some small pieces of butter, grate some crumbs of bread over it, a little pepper and salt; put it in the stove for twenty minutes, and, when nearly ready, spread over a little sweet herbs or Francatelli's aromatic herbs.

SOLE, BOILED.

A Torbay, if possible. Put it into an oblong dish, a wine-glass of water, and a little salt, cover it with a smaller dish; if you have any parsley you may add it. Put it in the stove twenty minutes. Sauce —oyster, shrimp, or anchovy.

SOLE, A LA MAÎTRE D'HÔTEL.

There is an advantage in this dish, because you can supply it for as many as you require, and it is much liked. Have as many soles filleted as you require—let the fishmonger send home the bones, stew them in half a pint of water, which will produce a strong jelly—place the pieces in a round dish, doubling each piece, and place the point to the centre, and it will form a star, pour over a wine-glassful of the jelly, and put into the stove ten minutes, the remainder of the jelly turn into

sauce, by putting two ounces of butter, a little cayenne, and salt, and chopped parsley, thickening with arrowroot or Oswego; add a tea-spoonful of eschalot vinegar, or a table-spoonful of lemon juice, pour over, and serve.

Soles stewed.

SOLES, STEWED.

Three filleted will be twelve pieces, and enough for eight persons. Have the heads and bones sent home; stew them in half a pint of water with some parsley, pepper, and salt; you will have a thick jelly, which, added to any other broth, will form a nice potage for the following day, or you may make a souchet with some small flounders, eels, or soles; if you do so, of course you will stew in this jelly the heads and fins of whatever fish you may choose for the purpose, which, with some brown bread and butter, will make a pretty dish, equal to anything you can get at Blackwall.

The twelve fillets are to be prepared as follows, and if served three hundred and sixty-five times in a year, you will have the pleasure of seeing them eaten by every guest:

How to be placed in the dish.

Chop two eschalots and three sprigs of parsley very fine, spread them over the bottom of your dish, double each fillet of sole and lay the pointed ends in the centre of the dish, and it will form something like a star; throw over a glass of sherry, and stew two and a half minutes on your gas stove or hot plate; turn the twelve pieces, have

ready and pour into the centre of the pan the following mixture: Soles filleted stewed.

Two tea-spoonfuls of anchovy sauce.
Three ditto of mushroom catchup.
One ditto of sugar.
One ditto of lemon juice.
A quarter ditto of cayenne.

When the fish comes to boil they are done, which will be in two minutes and a half.

To eat this dish to perfection it should be served smoking in the pan as cooked.

SOLE AU GRATIN.

Sole au gratin.

This is a favourite dish, but as only one sole can be cooked at a time, the guests should not exceed four, unless it should be a very large one. The French have an oblong metal dish, mostly in silver, for the purpose, so that it may be served in the dish in which it is cooked.

Grease the bottom of the dish with butter to prevent it sticking, chop some parsley and eschalot, spread lightly, add some salt and pepper, a little wine or brandy, lay the sole upon it, spread over the same things on the top of the sole, and some lumps of butter with some button mushrooms, or a table-spoonful of catchup, and a little gravy that you may have by you; rasp over some bread crumbs, and cook it gently in the oven; it will be done in about half an hour; if a thick fish, it will take longer.

Turbot.

A TURBOT.

A turbot cooked in the same way is easier and liked better than boiling; but the articles above must be increased according to size of the fish. It will take an hour or more cooking according to its size. Make a sauce to pour over it on going to table, as follows:

A little white sauce.
Two table-spoonfuls of anchovy.
Two ditto of mushrooms.
Six table-spoonfuls of cream.
One tea-spoonful of sugar.
A little cayenne.
Thicken with arrowroot or Oswego.

The last thing, add two dozen oysters without their beards; do not let them come to the boil; add the juice of a lemon, and serve.

COD.

Slices placed in a dish, the same way as slices of salmon, with a little butter and salt; cooked ten to fifteen minutes.

Sauce—oyster, mushroom, or anchovy.

JOHN DORY.

This is a very ugly-looking fish, but his flesh is better than the turbot. Is cooked like the slices of cod, ten to fifteen minutes, and fried, for a party of three or four, is a delicious dish.

Sauce—oyster, mushroom, or anchovy.

HERRINGS.

If you can get them when they have not been a dozen hours out of the water they are worth eating, broiled, and a vulgar dish of fried onions; nothing is nicer, and the onions are a sweetener and purifier of the blood.

VEGETABLES.

Few persons, however blessed with fortune, have ever eaten a vegetable cooked as it ought to be. Now that invention has supplied us with a metal in which we may perform every culinary operation on our parlour table if we are so minded, it is to be hoped that the young females of the present age will turn their minds to so beneficial an amusement, which will tend to restore their parchment complexions to the rosy freshness of their ancestors; and although it will not restore their growth, or give them the height they would have attained had their diet been properly attended to, yet their children will benefit by the attention which they pay to this subject, and they will taste a vegetable—that they never before tasted—as it ought to have been cooked.

CELERY IN GRAVY.

Take one of the dishes, No. 4, with handles to it, lay in the heads of celery which you have trimmed and washed, pour over them the gravy you have prepared and seasoned, or the jelly you have got from under the fat of your roastings; cover over with one of the oblong dishes, that will go within

the handles of the dish you have laid the celery; put it on the hot plate and stew for half an hour, or a little more, and serve on the dish that you have stewed it.

ASPARAGUS.

In cooking this vegetable there is no occasion for so much of the tough end to be cooked as usually is; lay the asparagus as you did in the last; never use a dish larger than the vegetable requires. When you have laid the asparagus, put on some little pieces of butter, dredge over pepper and salt, as much as you think required (no water); place a dish over the asparagus, as you did in the last; put it on the hot plate to stew for half an hour; serve on the dish in which cooked.

PEAS (young)

May be cooked in the same way (no water), about twenty minutes; some will take a little more. The French add a little pounded sugar.

CAULIFLOWER.

Trim, wash, and cut in half, or four pieces; lay them in a round dish with handles, put small pieces of butter over them, a little salt and pepper; cover over with a round dish, put on the hot plate, stew for half an hour—remember, no water.

THE EARLY SUMMER CABBAGE

You may buy for three halfpence, and because it is cheap you never see it on the rich man's table;

and if by chance it is seen it is not fit to be eaten. It swims in water, and looks like what you see in the pigs' tub.

If properly cooked, it is one of our nicest vegetables. Choose one with a heart, trim it, cut it in two, and boil it in a porcelain casserole, with half a handful of salt; stew it for half an hour; take it up carefully, placing it in one of the oblong dishes, the inside of the cabbage uppermost; take the next size smaller oblong dish, and with it press out all the water; pepper and salt it, and put some cold pieces of butter over it; or, what is better, some—if you have any—meat jelly, and you have as nice and as pretty a vegetable as can be placed on the table.

POTATOES, MAÎTRE D'HÔTEL,

Are to be nicely boiled when young, and this sauce poured over them.

POTATOES

May be stewed in a little butter, with pepper and salt, in a dish or the hot plate.

POULTRY AND GAME.

To choose.

Make it a rule to deal with a first-rate poulterer; it is better to pay a little more than to buy cheap poultry, which are lean and generally the produce of robbery. There is a first-rate and the largest poulterer in England in Leadenhall-market, Mr. Henry D. Brooke, where you will not only have

the pick of nearly the whole of the poultry sent to London, but you will get it at the market price; a penny-post letter the evening before you want either poultry or game will secure what you want.

LIST OF GAME AND POULTRY.

January and February.—Pheasants, partridges, hares, wild-ducks, pin-tail, widgeon, teal, woodcocks, snipes, golden plover, larks (roast and boned), capercailzie, and ptarmigan. Turkeys boil, capons roast, poulards boil, fowls roast, chickens boil.

March and April.—Goslings, ducklings, spring chickens (boil), poulards and capons, pea-fowls, and guinea-fowls.

May and June.—Ortelans, quails, turkey poults, spring fowls (roast and boil), poulards, goslings and ducklings, plovers' eggs.

July and August.—Spring fowls, geese and ducks, grouse, leverets, turkey poults.

September and October.—Partridges, leverets, and grouse, black game, pheasants, capons, poulards, fowls, larks.

November and December.—Large turkeys (roast and boil), capons, poulards, fowls (boil), game, pheasants.

Two chickens.

TWO CHICKENS FOR EIGHT PERSONS.

Abandon the boil-fowl fashion, and order a pair of fowls to be sent without being trussed, and let the heads and necks be sent with them. Cut up

one of the fowls into pieces, the leg and thigh into two pieces, each wing into two pieces, the back into three pieces, and the breast into two pieces, which, with the merry-thought, will be fourteen pieces. Chickens.

Take a Spanish onion,* cut it up small, put it into a stewpan with two ounces of butter, and a little cayenne and salt; let it stew gently for about an hour, until it is in a complete pulp; half an hour before you want it put in the fourteen pieces of chicken, let them stew half an hour, and when done, put into your silver dish a tea-spoonful of Spanish or French garlic vinegar, or, if that is not liked, the squeeze of half a lemon, and you will never again want to taste insipid boiled fowl. Mind, it requires no water; the fowl will be done in its own gravy.

Cut the other fowl the same way, viz. fourteen pieces.

Let the heads and necks be picked and scalded, stew them in half a pint of water, and when all the goodness is extracted, strain off the liquor, put it into a stewpan with a pint of button mushrooms, a little pepper and salt, and put in the fourteen pieces of fowl, stew them until done, about half an hour, thicken with a little arrowroot; when you dish them up, put into your silver dish a table-spoonful of mushroom catchup. These two fowls will be a variety, and requires only the effort of serving, and will be enough for eight or ten Chicken and mushrooms.

* When not to be got, any other onion may be substituted.

persons, and each convive will want to taste each dish.

Pigeons, when in season, cooked in the same manner, are equally good, and make a change—such a change that those who taste never forget it. Grouse and partridges treated the same way are better than roasted.

A young turkey poult dressed in the same way is a very inviting dish.

Pheasant stewed.

PHEASANTS.

A pheasant cut up as above and stewed in two ounces of butter, the oyster liquor of a couple of dozen oysters, with cayenne and salt, thickened with a spoonful of arrowroot, the oysters thrown in just before serving merely to plump them, is a very nice dish, and much better than roasted.

Roast fowl, chickens, partridges, grouse, and pheasants, are twice the size and better if stuffed with two ounces of butter, salt, and cayenne to taste, and as many mushrooms as you can put in; baste well, and set a toast under, and when done, serve on the toast.

Pheasant stuffed with woodcocks.

The French say: "To the uninitiated this bird is as a sealed book; eaten after it has been killed but three days it is insipid and bad, neither so delicate as a pullet, nor so odoriferous as quail. Cooked at the right moment, the flesh is tender and the flavour sublime, partaking equally the qualities of poultry and game. The moment so necessary to be known and seized on, is when decomposition is

about to take place. A trifling odour and a change in the colour of the breast are manifested, and great care must be taken not to pluck the bird till it is to be larded and cooked, as the contact of the air will completely neutralise the aroma, consisting of a subtle oil, to which hydrogen is fatal. The bird being larded, the first thing to do is to stuff it, which is effected in the following manner: Provide two woodcocks, bone and divide them into two portions, the one being the flesh, and the other trail, brains, and livers. You then take the flesh and make a forcemeat by chopping it up with some beef-marrow cooked by steam, a little rasped bacon, pepper, salt, fine herbs, and so much of the best truffles as will, with the above, quite fill the interior of the pheasant. You must take care to secure this forcemeat in such a manner that it shall not escape, which is sometimes sufficiently difficult if the bird is in an advanced state; however, it is possible to do so in divers ways, one of which is by fitting a crust of bread and attaching it with a bit of ribbon. Take a slice of bread one-third of an inch thick and two inches wider on each side than the bird when laid on it; then take the livers, brains, and the trail of the woodcocks, pound them up with two large truffles, an anchovy, a little rasped bacon, and as much of the finest fresh butter as may seem necessary. Spread, then, this paste on the toast equally, and let the pheasant, prepared as above, be roasted over it in such a manner as that the toast may be saturated with the

juices that drop during the operation of roasting. When that is done, serve the pheasant gracefully laid on its bed (the toast); garnish with Seville orange, and be tranquil as to the result."—*Les Classiques de la Table*, p. 129.

Poultry. Made dishes.

POULTRY.—(Made dishes.)

Fricasseed fowl.
Capon with rice.
„ plain.
Fowl stewed à la Marengo.
Fowl with tarragon.
Hashed fowl.
White fricassee of poultry.
Scollop of poultry.
Poultry salad.
Mayonnaise of poultry.
Duck with olives.
„ with peas.
Stewed pigeons.
„ with peas.

GAME.

Partridges.
„ hashed.
Larks.
Thrush.
Teal.
Woodcock.
„ hashed.
Wild-duck.
„ hashed.
Plover.
Ragoût of hare.
Fricasseed rabbit.
Filet of chevreuil.
Vol-au-vent financière.

A turkey poult stuffed with larks is a fine dish.

ROAST PULLET STUFFED WITH TRUFFLES.

Make choice of one as fresh as possible. Take as many fresh truffles as thought desirable, peel them, and cut each in four pieces, take double their weight of the fat of bacon cut into small

dice; put all together into a casserole, and gently stew for half an hour. Take off the fire, and when nearly cold stuff the fowl; sew up the top and bottom so that the stuffing cannot escape in the roasting. Leave it in this state for twenty-four hours in summer, and forty-eight hours in winter, so that the flavour of the truffles may impregnate the flesh. When you begin to roast, fasten on the fowl a slice or two of bacon, and cover with a strong sheet of writing-paper, well greased, and roast it in the stove with a moderate heat for one hour; take off the paper and bacon, and let it go on roasting until of a delicate pale brown, and serve with the *jus* that has fallen during the roasting.

If you choose you may simply roast the fowl, and serve it with the sauce at pages 80, 81, and 82.

ROASTING.

When you roast substantial joints in the gas stove, you should ascertain the weight of the joint, and allow twenty minutes roasting for every pound weight, being five minutes excess over the ordinary coal fire. You must not turn the gas on to its fullest extent, but only so that it emits a bright white light, and the joint will be cooked, that when cut the dish will be half filled with its gravy.

GRAVY FOR ROAST MEATS.

When you serve a joint, take three or four table-spoonfuls of scalding water, add a salt-spoonful of

salt, and one or a couple of tea-spoonfuls of garlic vinegar, or of the essence of celery, or turnip, from your store-bottles; mix well, and pour over the joint, and the gravy will be sufficiently strong, and have a delicate and delicious flavour, because it will immediately mix with what runs from the joint; but if the joint be overdone there will not be any gravy run from it—that has evaporated in air. Unlike all other kind of roasting, it requires no attention.

SAVINGS.

In every case of roasting, have what has run from the joint poured into a basin, and under the fat you will find a jelly that will be extremely useful in many of your cookeries.

MUTTON, TO CHOOSE.

Whenever you can get a joint off one of those black-faced little fellows that we see climbing the mountains in Scotland or Wales, and have been brought down into lower pastures to clothe their little bones, seize the opportunity, and never omit to get four or five-year-old mutton whenever you can; never mind the price, such mutton is worth double what is called prize mutton, two years old, fed merely to make fat for the candle-maker, at the expense of the people that buy such stuff.

HAUNCH OF VENISON.

This is a present that is sure to come when you don't want it. The cheapest way is to make it a

present to some one that will ask you to dine off it; if not, it must be hung in a cool place, and wiped and floured every day for a fortnight, or it will be tough and not worth eating. When you cook it weigh it, and give twenty minutes for every pound weight in the gas stove; it will require no nonsense of paste, or anything else. When it has roasted the required time put it on a dish; there is no occasion, if properly cooked, for the rubbish called beef gravy. When cut the dish will be full of its own gravy. Put on table.

Tomata sauce as at page 82.

Or currant jelly.

To wash down have plenty of cool claret, not sloe-juice, or sour elderberry rubbish, made up by Jews, and sold at grocers'.

TURTLE.

If some friend in the West Indies sends you a turtle, and the captain does not appropriate it to himself, and tell you it died on the voyage, don't be so foolish as to have it cooked at home, because it will go sour before all of it can be eaten. Send it to Paynter, at the Ship and Turtle, Leadenhall-street. If it weighs ninety pounds he will allow you nine quarts of soup, to have whenever you may require it—that is, a quart of soup for every ten pounds.

TO MAKE A FIRE TO BROIL STEAKS, CHOPS, SLICES OF SALMON, &C., WHEN IN THE COUNTRY.

Prepare the fire half an hour before it is wanted; make it sloping from the back downwards; put pieces of charcoal here and there in the gaps, or pieces of coke; place the gridiron as sloping as you conveniently can, which ought to be as sloping as the fire, and then the fat will run down the bars and not flare up to blacken the meat. Frequently turn the meat with a pair of tongs, until nicely browned on each side.

A rump-steak will take ten minutes, if an inch and a quarter thick. When you can't get a tender rump-steak, have a slice off the sirloin, that is a beef-chop, and very good it is.

A mutton-chop seven minutes, constantly turned.

Boiling.

BOILING.

This word should be banished by every cook.

In the process of boiling, a change takes place according to the heat that is applied to the meat; the juices mix with the water and solids dissolve, and thus the water, containing the goodness of the meat, usually finds its way into the sink. Recollect that the more the meat is subjected to a boiling temperature, the more it becomes indigestible.

The meat should be put into cold water, and carefully watched until it comes to a gentle simmer; the temperature should not be raised beyond a

simmer, and twenty minutes for each pound will be the best guess of its being sufficiently cooked.

Observe: You may take it as a certain rule that whenever you smell the odour of cookery it is a sign of bad cooking—the juices are evaporating in air.

A leg of mutton.

That homely joint, the leg of mutton, may, by adopting a French refinement, be turned into a dinner fitted for the highest enjoyment.

Make a bed, at the bottom of your ham saucepan, composed of:

Some slices of ham or bacon.
Bones of anything broken.
Slices of mutton or beef.
(These two are mostly thrown into the hog-tub.)
Four carrots, six onions (cut up).
Three bay-leaves.
Some thyme.
Three cloves.
A bunch of parsley.
Some leeks.
Celery.
Salt, pepper, mace, and allspice.

A small quantity of any gravy or soup that you may have by you.

Simmer gently for about five and a half hours. Lift it from its bed, strain as much of the gravy as is requisite, free from fat, and pour over and serve; put away the bed in a clean pan, and the following day make a potage, of course taking away the fat.

Sometimes intelligence is buried in a hole, or little known. There is a brazier, residing in Shoemaker-row, Doctors' Commons, who has invented a double saucepan, the space between the two being filled with water, and the meat in the inner saucepan is cooked without water. A leg of mutton, and a pair of fowls, and a knuckle of ham, may all be cooked at one and the same time, and to the moment, by your first ascertaining their weight and calculating the time that each would take to cook, and putting them in according to the time they would require, and you have the advantage of saving all the gravy that escapes in the cooking, which remains at the bottom of the strainer.

This saucepan will also do for boiling a turbot or other fish, and if you go to the expense of having one made to the size of your fish-strainer, it may be lifted out on to the dish without the fish being broken, and may be cooked with the same appearance as it had on the fishmonger's slab.

This saucepan is excellent either on the gas-stove, or hot-plate, or on board a yacht, or on a turf fire in the Highlands; and in boiling you cook the joint according to its weight, giving twenty minutes for every pound of meat.

STEWS.*

HOT-POT (for eight persons).

This is a capital dish—it makes one hungry to

* Properly prepared, nothing is more enjoyable than a good stew; there is no indigestion, and it is fit for the stomach of an invalid.

think of it. It must be made in a fireproof pan, resembling a turtle-mug.

Cut three pounds of rump-steak into square pieces, cut eight or ten potatoes into quarters, some whole small onions, and mushrooms if in season, all to be well seasoned with cayenne, black pepper, and salt, together with half a dozen kidneys; place all in layers one on another, pour over them three or four table-spoonfuls of mushroom catchup, and put at the top six or eight dozen native oysters, cover with a crust, and bake for two hours. A few larks or snipes are a great addition.

HOTCH-POTCH (for eight persons).

A Scotch dish.

Take three pounds of the best ribs of neck of mutton, to be cut into chops, with as little fat as possible.

One and a half breakfast-cupfuls of grated carrots.
Three carrots.
Three turnips.
Twelve young onions.
The white part of two stock lettuces.
Two cupfuls of green peas.
To be cut all into pieces.
Two table-spoons of flour.

All these to be put on the stove with two quarts of water, to simmer for two hours, the fat to be occasionally skimmed off, and, half an hour before serving, add a cupful of peas, also pepper and salt

according to taste; if it should be too thick it may be thinned with a little hot water. Serve in a tureen.

This is a capital dish when well made.

IRISH STEW (for eight persons).

From a fine neck of mutton cut off all the best chops, and trim off as much of the fat as is necessary, and put them aside; soak the remaining part of the neck in cold water, and wash clean; put the whole into a casserole, with as little water as will just cover it, let it simmer gently for three hours; strain it into a basin, and when cold skim off the fat. Take a pint of this stock, put it into a casserole with six onions, lay the chops that you had put aside on them, then a dozen and a half of peeled potatoes, and pepper and salt according to taste, and let the whole simmer gently for two hours; if more potatoes are required, not to be done so much, put them in half an hour before serving. It is an improvement to put in a little catchup, or two or three dozen oysters.

STEWED MUTTON CUTLETS.

Take the eight best chops of the fore-loin, trim them neatly of the fat, partly broil them on each side, and put them to drain off the fat. Take a Spanish onion, cut it up small, put it into a stewpan with two ounces of butter, a little cayenne and salt to taste; stew gently until a complete pulp; half an hour before you want it put in the *broiled chops*, and stew gently. On dishing up,

put a tea-spoonful of garlic vinegar at the bottom of the dish.

TRIPE

cooked in the same way is very good.

MUTTON BROTH.

Generally we have an idea that broth belongs only to the sick room, but made as follows you may safely place it before a dinner party; with a chop to each guest, everybody would say, How good.

From a fine neck of mutton cut off and trim eight of the best chops, lay them aside, soak the remaining part for half an hour in fresh cold water, then put the neck and trimmings into three quarts of cold water with a little salt; when the water just comes to the boil skim it, and add half a pound of Scotch barley, one onion, four carrots, four turnips, cut into small pieces the size of dice, let simmer four hours, skim every quarter of an hour. Take out the neck and trimmings, put in a little pepper and the eight chops you laid aside, together with a small bunch of parsley and thyme, and simmer gently till done; but if you use the essence of parsley and thyme from your bottles, then put the essences into the tureen just before you put in the chops and broth.

CURRY.

Cut up a large Spanish onion into very small pieces, put into the stewpan two ounces of butter, and stew until a complete pulp, when put in your meat; if you can obtain a few French or Flemish

carrots, cut them up small, and put also into your stewpan. It is silly to suppose that any kind of meat will do for a curry; it is only the impostor dinner-giver that thinks so; a rabbit should not be used, it is in some seasons as strong in smell as a cat. The white meats are the best—viz., chickens, pork, breast of veal, and the like. It is a very great mistake to boil the meat with the curry-powder; the ingredients are extremely volatile, and fly off. You never hear of boiled tea or coffee for that very reason; therefore, ten minutes before the curry be wanted, pour out of the stewpan into a basin as much of the gravy as you conveniently can get, add a couple of table-spoonfuls of curry-powder, and a table-spoonful of arrowroot, well mix, pour the same back again by the side of the stewpan, so that it may get underneath the meat, and let it simmer until it just comes to bubble; but if you let it boil, the aroma of the curry-powder will be gone; add the squeeze of half a lemon, and serve.

A table-spoonful of chutney is not a bad addition.

Curry-powder. See next page.

Sometimes it will happen that there is not sufficient juice from the onion, in such case add any little jelly or gravy that you may have. If you have any cold peas or cauliflower, they make a very good addition to the curry.

Lamb's fry, sweetbread, and to those who do not object to it, tripe are very good in curries.

Lobsters.

PÂTÉ DE FOIES GRAS DE STRASBOURG.

Take one pound of the lean of fresh pork, and a pound and a half of the fat of pork, mince them very small, or in a sausage-machine, season with salt, pepper, and aromatic herbs. Take the livers of four geese, wash them, take a pound and a half of fresh truffles, carefully pare them, and cut in quarters; season the livers and truffles as you did the pork. Make a pâté of two and half pounds of paste, line it round, and at the bottom with very thin slices of bacon without any of the lean; put in the meat as seasoned and minced, but in the centre of the meat put in the four livers and truffles; having surrounded them with the minced meat and fat, put on the top thin slices of bacon as you did at the bottom and round the paste, then put a laurel leaf on the top of the bacon, and cover the pâté with paste. Bake for two and a half hours.

INDIAN CURRY POWDER.

To be made up at Hanbury's, Plough-court, Lombard-street. Keep it from the light, or it loses its colour and quality:

Twelve ounces of turmeric.
Four ounces of dry ginger.
Four ounces of white pepper.
Four ounces of coriander seed.
One ounce and a half of cayenne.
Two ounces of cardamom seed.
Two ounces of cummin seed.
One ounce of fenugreak seed.

THE

YOUNG GENTLEWOMAN'S CATECHISM;

BEING

THE WHOLE MYSTERY OF COOKERY.

Question. If your mother was ill, what would be ordered by the doctor?

Answer. Gruel or broth.

Q. How would you make them?

al and h. A. For gruel, I would take some fresh groats, or oatmeal, and the required quantity I would mix in a basin, and pour the same into a perfectly clean casserole, placing it on the gas stove, carefully stirring, so that it should not burn. When it came just to the boil I would pour it into a basin, and sweeten, adding a little nutmeg. If wine was ordered, I would add a little. As to broth, I would turn to the best cookery-book, or page 107 of this book, and make it according to the direction.

tiplica- pence, avoir- ois es. Q. Is it essential that a cook should know the multiplication and pence tables, as also the avoirdupois table?

A. It is as necessary as it is to the chemist to know them, although he weighs by another standard—viz., apothecary's weight.

Q. Why are those tables necessary to the cook?

A. Because all cooks weigh everything.

Q. Why do you say all cooks?

A. Because the persons who season or flavour by saying a pinch of this, or a handful of that, and guesses at time, are not cooks. A joint of meat cannot be cooked unless its weight is first ascertained.

Q. Why not?

A. Because a cook roasts or simmers by first ascertaining its weight, calculating the time it requires according to its weight. An egg cannot be boiled without calculating the time—that is, if you want the white albumen to be set boil it three minutes—if to be soft, then only two and a half minutes. An egg.

Q. How do you cook potatoes? Potatoes.

A. I should put them in cold water to soak a few hours, I would then take a saucepan that I had ascertained to be clean, by wiping it with a white napkin, and if not perfectly clean I should return it and the napkin to the person whose duty it is to clean it, and I should make her wash the saucepan and napkin in soda, because if washed with soap, the flavour is imparted to everything touched by it, more especially if a napkin should be placed on the saucepan to absorb the steam when keeping the potatoes warm. The potatoes

should be put on in cold water, and when they have boiled five minutes, pour out a pint of the water, and then pour in a pint of cold water; place them on the fire until done, strain them dry thoroughly, throw in some salt, and cover the potatoes over with a clean towel, and place them on the hob, or hot-plate, until wanted.

Boiled chicken.

Q. If the doctor ordered a boiled chicken, how would you produce it?

A. I would have the head and neck picked and washed delicately clean, I would have the two feet washed, and I would simmer the whole in half a pint of water, and in that water I would simmer the chicken; it would take half an hour to cook it. I would then take out the chicken, put away the liquor—which would be a strong jelly—to be used and flavoured, and served as occasion might require.

The sauce.

Q. What sauce would you send with it?

A. I would turn to page 78 of this book, and make the melted butter there designated, and flavour with parsley, or a tea-spoonful of essence of celery.

The legs of chicken.

Q. How much jelly can be obtained from the four feet of two chickens?

A. Half a pint.

Q. Are you sure of this?

A. Yes. But the legs are now always thrown away, or wasted by being cooked with the fowl. I would stew them with the necks and heads, to give substance to the broth.

Q. If your sick mother should fancy an omelette, how would you make it? An omelette.

A. According to the directions at page 55 of this book.

Q. How would you boil a leg of mutton? Boiling.

A. I would not boil it, but simmer it according to the directions at page 102 of this book.

Q. How would you roast a joint of meat? Roasting.

A. I would roast according to the directions given at page 99 of this book.

Q. What is meant by the term chemically clean? Saucepans.

A. That the utensil in which heat is applied in cookery should be free from all dirt, for if the saucepan is not properly tinned, and any acid should come in conjunction with the copper, the chemical result is poison, the effect of which is the feeling frequently experienced after dinner-parties, of sudden acute shooting pains through the system, and sometimes a feeling of nausea. There is also another poison known by cooks by the term of crock, which is an accumulation of scum and black grease on the sides of the saucepan, which is as injurious as verdigris, and which can only be avoided by constant washing with hot water and soda.

Q. Why do they thicken and colour soups? Why are soups thickened?

A. To disguise the colour produced by the want of skimming off the scum as it rises, and the dirty colour produced by the crock, which accumulates and hardens on the sides of the saucepan every time it is used.

Q. If soup was chemically cooked, what would be its colour?

A. It would partake of the colour of the material from which it was made, but it would be as clear as jelly.

Mutton-chop broiling.

Q. When your mother was approaching to convalescence, most likely she would fancy a nice mutton-chop; how would you do it?

A. I would have the first long-bone chop of the loin neatly trimmed—it is the most delicate of the whole loin—which I would broil according to the directions at page 102 of this book.

Q. Why is the term boiling, as applied to meat, called spoiling?

The chemistry of boiling.

A. Because chemists are all agreed that to cook meat to perfection it should never be allowed to boil, but the temperature kept down to 205 to 210 deg. of heat. Meat is composed of bone, flesh, muscle, fat, skin, and other substances, all more or less volatile; a right understanding of this is necessary, because if meat is made to boil at a heat of 212 deg. it is indigestible, and the succulent juices evaporate. The limit of 205 to 210 deg. affords the most wholesome as well as palatable meat; twenty minutes to each pound will be required at the temperature of 210 deg. The rapid boiling at 212 deg. throws off in the steam all the savoury and volatile goodness of the meat, which is wastefully dissipated in air, and may be discovered by the smell of the savoury emanations from the kitchens of persons who do not understand the art.

Q. How should soup be made?

A. The meat should be put in a chemically clean saucepan, in cold water, as nearly air tight as possible, and simmered at a temperature of 205 to 210 deg. If the meat is suffered to boil at 212 deg. all the volatile goodness escapes, and the soup is often rendered both empyreumatic and ammoniacal. It is important that the soup should be carefully skimmed during its cookery.

Soup, the temperature in which it should be made.

Q. Why is skimming necessary?

A. Because the scum gives a dirty colour to the soup, and renders it necessary to thicken or colour it to disguise the neglect.

Q. In what way would you proceed after you had extracted the goodness from the meat?

A. I would strain the whole through a colander into a clean white pan, and the following morning take off the fat. I would then spoon the clear tremulous jelly into another clean pan, leaving the fibrous settlement at the bottom; and when the soup was wanted, I would warm and flavour it with the essence of celery or any other desired flavour. None of the cooks of France, Italy, or Spain ever thicken, or put heavy or indigestible soups on table.

Q. How would you roast a joint?

A. If I had a gas-stove I would time it as if for boiling. If to roast before a fire I would place it at twelve inches distance from the fire, and bring it an inch nearer the fire every time I judged it necessary; and when the calculated time had arrived, I would bring it close to the fire, until it

Roasting, how to calculate the time.

became of a tempting brown colour, and the result would be that when brought to table there would be an inundation of gravy in the joint. When a joint has been hung some time a portion of gravy will fall into the dripping-pan; I would strain off the fat, and to the gravy I would add a tea-spoonful of garlic vinegar, and pour it over the joint when serving.

Q. Are you aware of the melancholy fact that millions of children die in infancy from bad and insufficient food, by reason of the ignorance of mothers and nurses?

A. I am shocked to say that the Registrar-General's return of the mortality among infants is frightful, and supports the supposition.

If the young lady's mother should die, how she would feed the baby until fifteen months old.

Q. If your mother died, how would you feed the baby?

A. If it was possible I would have, twice a day, a pint of fresh-milked asses' milk; and if that did not agree with the child's stomach, I would add from one to three drops of pure old Hollands every time the baby was fed, but I would cease to do so when I found that the baby did not require the spirit.

Q. If asses' milk was not to be got, what would you do?

A. If in London I would go to the dairy in Hyde Park, and engage for a morning and evening supply from the same cow, to be sent in a can with a lock, one key to be kept by the dairy-woman and the other by myself. If I was in the country I

would make the same engagement with a country dairy. I would, on feeding the child, reduce the cow's milk by adding one-third of scalding water and a lump of sugar. If the milk disagreed I would add from one drop to three drops of pure Hollands, but I would stop the spirit the moment I observed that the baby was quiet and the milk agreed with it.

Q. How long would you continue to feed the child in that way?

A. Until I thought a change of food desirable, or the child required further sustenance; I would then make some gruel as I have before described (for my mother), free from every particle of dirt.

Q. Why do you so often refer to dirt?

A. Because to a baby dirt is the opiate of death, and if a child has been neglected in its food, it would almost be as well that it died in infancy; because if a child survives dirty or badly cooked food, it is sure to be afflicted in after life, and to this neglect most diseases may be attributed.

Q. How long would you feed the child on gruel?

A. I would act according to circumstances. At alternate meals change the food according as the child seemed to enjoy its food, such as arrowroot, rusks, and biscuit-flour, obtained from a known good shop, such as Lemann's. When the child began teething, nature dictates that something more is required. I would then cut from the juicy breast of a chicken pieces in shape like a finger, and let

the baby suck them; and after a time I would cut like kind of pieces from the juicy long-bone mutton-chop, and if the child enjoyed it, I would get four to six chickens' feet, stew them in half a pint of water, thicken with biscuit-powder or arrowroot. This variety would suffice until twelve months of age. I would then add the meat of juicy chicken or mutton-chop cut very fine, with mealy potato. Few babies fed in this way would ever require the aid of a doctor.

Q. Do you think it essential that a gentlewoman should be acquainted with household duties and its minute details?

A. Most assuredly it would be a scandal if she did not, because if she is in such ignorance she is unable to do her duty towards God, much less towards her neighbour; towards God she would be unthankful for his bounties; towards her neighbour she would be unable to teach that which is enjoined of every gentlewoman, viz., to impart instruction and teach inferiors their duties to their superiors, and to do as they would be done by. I would substitute the word servant for neighbour, because servants come to us uneducated, probably from a workhouse, or a brick-field, or a labourer's cottage, and worse places, therefore how can it be expected that such persons can become domestic servants, much less preparers of food, unless the gentlewoman is prepared to instruct them.

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